

**B** - Before you think how they would act  
Before you wear that shirt will they talk behind your back  
Better to pretend they are not really there  
Better if no one ever seems to care

**U** - Unable to act like they are not there  
Unable to act like you are not scared  
Understand it is better to hide as to not be seen  
Understand they are hidden behind the scenes

**L** - Love to listen to what they say  
Listen to them yell and shout everyday  
Learning that they will always be mean  
Life isn't as easy as it seems

**L** - Living for others is what they choose  
Like does he like me or does she hate you  
Listen to us beg for validation that we cannot accept  
Loathing others who know nothing other than themselves

**Y** - You know life doesn't have to be this way  
You know we don't have to pretend like everything is okay  
You will always see them judge and stare  
You know not everyone will care

**I** - I know that this is not okay  
I know that things have to change  
I know that we cannot do this alone  
I know that we need to be strong

**N** – Nice to know that someone cares  
Nice to know that someone's there  
Now realizing that they were wrong  
Now realizing that it's not our fault

**G** – Giving up should not be our choice  
Giving up means no one hears our voice  
Go ahead and take a stand  
Go ahead and be someone's friend



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TRADITION OF EXCELLENCE

Chassidy Conaway