

Words that Are Being Said

The words being said
are spilling over
so please listen
do not clean them up
and pay attention.
Pay attention
to the things being said.
And when you can
stand up and say something,
It doesn't matter what
just say something.
Open up to people around you
like others do to you.
Don't let them just talk
even though you are told to be silent.
Sometimes words are better just said out loud
instead of inside your head.
You have a voice and we want to hear it.