


Planned Parenthood of New York City hosted a **POETRY SLAM**
 in the South Bronx and asked teens to address
HEALTHY RELATIONSHIPS! 
 Here's what they had to say -

First-Place Winner

TAKE MY POWER BACK

I was searching for real love and I found you,
 Became your wifey and you became my boo.
 You know when I met you I fell in love with you,
 But I knew this fairy tale was too good to be true.
 I became your string puppet.
 You told me what to wear, how to eat and when to piss,
 But I want to let you know that I'm tired of it.
 Do you really love me when you pick your hand up and punch me?
 Then you're in the hospital, and I can't see, holding my hand telling
 Me everything's gonna be alright.
 Sometimes I want to break up with you and leave, take my things,
 Bounce and pawn your \$5,000 engagement ring.
 Respect is a big issue for you and you don't show me any.
 To make me feel better and forget about our problems you buy
 Me gifts but I guess you didn't listen to that song by J.Lo,
 "Love Don't Cost A Thing."
 Now I'm ready to take my life back, take the power you took away
 From me.
 So I'm going to make up my own song.
 My voice is strong when I say, "No."
 My word is powerful, my word is strong.
 I am powerful because I refuse to listen to what you have to say,
 I am who I am because of me.
 You will learn to respect me for who I am and treat me the way I
 Should be treated.
 Only I have the power to do, as I want, so respect me when I say
 "NO!"

- Pascell



LOVE'S HOPE

Love, opposite of hate,
 Can be for family, friends, and/or a mate,
 Love can be given, but something you can't take.

Relationships can be good or bad,
 Some types can be happy, some end up sad,
 But it all depends on the love that was had.

Pain is Love? Nah, not a song by Ja Rule,
 When love is pain, what can we do?
 What can be said when an eye is given a black and blue?

The way it comes out is always up for debate,
 It all depends on the road you take,
 Hopefully the love can overpower the hate!

- Anthony, Bronx Teen Advocate*

BETTER LOVE

Love is beautiful when two people share it,
 It doesn't mean you have to be pushed beyond your limit.

Better Love

Healthy relationships aren't so easy to find,
 But there are many ways that you can always try.
 Love comes in different forms and also different shapes,
 Some hate to love, but love to hate.
 Healthy is something good for the soul,
 Good for the body and mind as a whole.
 To give someone the world and not want it back
 Is an everlasting treasure and nothing beats that.
 Talking to one another is always a good thing,
 Love and attention is what you should bring.
 Guess what, I think I found a winner,
 Long walks in the park and candlelight dinners.
 Cause I have a better lead, better life, better love.
 After all is said and done,
 I realize that better love could come from only one,
 Only one person and that is me.
 When I look in the mirror
 I saw what better love could be.

- Lower East Side Teen Advocates*