

Things Need to Change

This is my story,
Please listen to me when I tell you,
Things need to change.

It was 8am,
I was confused,
I was sad,
My Mum was upset too,
At that moment I knew something was up,
Something was not quite right throughout
the night.

I found out he had been arrested,
I didn't know exactly what was going on,
I was 10 years old,
And what I had just been told was going to
change my life.

Sometime went by then the Police arrived,
They came into my room, whilst I was in bed,
in my pyjamas,
I wanted to have a say, but it was 9pm,
I was 10 years old tucked up in my bed.
This was the wrong time,
You must remember I was a young child feeling
confused and upset.

We are children,
Please don't treat us like adults,
Things need to change.

I was confused,
I was scared,
I got in the car with a Social Worker,
I didn't know what was going to happen,
Nothing had been explained to me.

When we arrived, I felt wary as it was scary,
What was about to happen to me?
I went in the lights were bright,
I felt sick.

They started to ask questions,
I felt interrogated,
I felt unregulated,
My emotions were everywhere,
I needed a break to breathe and self-regulate.

The room was very bright,
It was supposed to help me relax,
But, in fact it made me feel uncomfortable,
I wanted it to be over,
It was too much pressure.

Please remember not to rush us,
We need time to process what's going on,
Too many questions were asked all at once.

We are children,
Please don't treat us like adults,
Things need to change.

I was annoyed,
I was angry,
I was confused,
Why was it taking so long?
Was the court case going to happen?

It felt like he was winning,
Because the trial kept getting delayed,
I could feel stress building inside me,
I had other stresses alongside me,
It was getting too much for me.

Waiting, waiting, and more waiting,
Delay after delay,
I was getting impatient,
I wanted to move on,
I wanted to be happy again.

Please remember I was a child,
The court system is not right for children,
It is very scary,
So please make it more child-friendly,
Make the process easier, brighter, and less scary.

We are children,
Don't treat us like adults.

This was my story,
Please listen to me when I tell you,
Things need to change.

By Lydia, 12 years old

