

Didn't Know Better

It started at private school

Bossy and attention whore

They'd called me

For wanting to be in charge

For wanting to do my own thing

And I didn't know

That their teasing, their taunting, their demeaning

Was just to get a rise out of me

No, I didn't know better

Middle school

The issue was with my body

I was tiny, this I knew

But I didn't know of anorexia

I didn't even know what it meant

And when the monsters I called my bullies

Tried to break me for my size

I again didn't know better

Freshman year

I'm forcing myself to eat

Choking on greasy burgers,

Salted fries and my tears

I'd look in the mirror

And hate my arms,

Hate my ankles,

Hate myself, wondering

Why can't I gain weight?

When I was fourteen

A group of football players

Tried to *break* my ankles

And as I screamed and cried

As I fought for what I thought was my life

The only thought going through my head was

Why didn't I know better?

It doesn't matter whether you're

Skinny, thick, or beautiful

Society will always find something

To fault you for

So love yourself

And live life with no regrets

Cause there's only one you

And, *you know better*