

ODE TO TEENAGERS

What is sullen then cheerful? Is a handful, an ear-full Can change on a dime

Plugged in or unplugged or always on line?

What makes us tearful And at times fearful Is both foolish and wise And expert at pulling wool over our eyes?

His nature's resistant Her skirt's non-existent Their attitude's maxi

And they confuse the word, "parent" with the word, "taxi"!

They can be so profound Can Amaze and astound They can be charming and funny

A side we'll see most when they run out of money!

Buy a phone pay the bill So you can reach them at will On the phone all the time So why don't they pick up when I'm on the line?

These mysterious creatures With these special features Drama queen stagers Stormers and ragers - of course are teenagers.

How can we secure them From those that would lure them On-line pimps and thugs And the danger of drugs

Twitter and texting Facebook and sexting Isolation and scorn Web predators, pedophiles, and internet porn

Will they sink or thrive? Will they Drink and drive? Will they be ok? Will they still be alive at the end of the day? Are they getting stoned? Do they feel alone? How strong is their core? Do we know what's in store when they walk out that door?

Don't do this don't do that Please take off that hat Don't fight or be cruel Don't do drugs or have sex just focus on school

O how they roll their eyes When we try to be wise And they respond how? That smirk, the raised brow: sure, can I go now?

And kids are getting meaner Their Language obscener Pray they are safe and heaven forbid You find out that the bully's your very own kid!

We say just ignore it They're told to report it Or just walk away All the things they won't do at the end of the day.

Girls get into a fight we know that's not right but boy's will be boys and we still buy them Uzi's and war-bots for toys!

We constantly scold them And we keep trying to mold them Use compassion.., insight And focus on what they are doing that's right.

When we make a mistake It brings such heartache Admit, apologize, that's the direction The gift is revealing our own imperfection.

Be present be mindful and cultivate joy Have so much faith in your girl or boy Live your own song

Come from the heart and we will not go wrong

They will find their own voice Give them the power of choice The skills to stand strong The space to just be and find their own song.

Anita Roberts - Founder, Safeteen