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Do the Write Thing, Boston

Breaking the Cycle of Violence

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### Do the Write Thing Essay, 2015

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# The Man in the Black Van

As it flew down the street  
Faster than the speed of sound,  
The windows were rolled down,  
No one else was around.

The bullet came through,  
What did she do?  
She refused.

She refused the violence,  
Caused by that man,  
The man that shot at her,  
Who was driving that black van.

The bullet hit the wall,  
So close to her head,  
She was in shock,  
So she fled.

After that day,  
She had no idea what to say or do,  
Everything was crazy,  
She paranoid too.

People who commit violence,  
Have sometimes been taught,  
It could be from the way they were raised,  
It could be from built up rage.

When people are raised,  
In violent homes,  
Violence is what,  
They most likely know.  
Some people suffer from from all the rage.  
It could be caused from the past,



Or this very day.

We could help people,  
In so many ways,  
By helping them overcome,  
An talking to them in calm ways.  
Aggressiveness won't help anything,  
It will only make it worse,  
That is why you be polite,  
Help them break the violent curse.

Violence can be stopped,  
Not just by one individual,  
That is why we work together,  
And get people aware.

If people were aware,  
Of what happens to victims of violence,  
Maybe they would realize,  
Why they are fearful in silence.

They are afraid,  
Of what could happen next.  
They are afraid,  
They can't trust anyone.  
They are afraid,  
Something will always go wrong.

Maybe we should have a violence awareness parade,  
For people to see,  
How bad violence is,  
And it should end immediately.

