

## TEARS OF A CHILD

R. J. Burling ©5th February, 2009

Innocence is gone for good,  
Yet she's only five;  
Taken by the one who should  
Make her feel alive.  
Took advantage of her trust,  
Did that with his lies.  
Now she suffers with her shame:  
All alone she cries.

CHORUS (sung by a child)  
Daddy please don't hurt again  
Like you've done before  
I don't like the things you do  
Behind this tight shut door  
Daddy won't you go away  
Please don't make me wild  
All I have when you've been here  
Are tears of a child.

What he did can't be undone  
She is scarred for life.  
Wonder what her future brings  
Through the storms of strife.  
Shattered by the sickest lust  
Forced upon her mind.  
By the one she trusted most  
That is so unkind

CHORUS

As she grows so does her pain  
Deep inside is shame.  
Wonders why she has to feel  
Guilt from his sick game.  
All the things he does to her  
Messses up her mind.  
When she tries to tell someone  
They pretend they're blind.

CHORUS

This song may be heard by accessing Songs on our website

## TO REPORT ABUSE IN THIS REGION

To Contact the  
Child Protection Unit  
(Police unit)  
in this area please call  
02 6768 2999

Or you may report abuse at  
any police station

Or to  
Dept. of Community Services

### CONTACT US

MAIL  
P.O. Box 1032,  
INVERELL. NSW. 2360.  
Australia.

EMAIL  
[crinthsil@christianpeople.info](mailto:crinthsil@christianpeople.info)

WEBSITE  
<http://cryinginthesilence.christianpeople.info>

To ask for help is not the weaker option  
It is not the cowards way out  
It takes courage and strength  
IT REBUILDS YOUR LIFE



# Crying In The Silence

ABUSE INFORMATION BROCHURE

FOR THE REGION OF

N.E. & N.W. NSW., Australia

A project that offers hope and dignity to the victims of  
abuse and their supporters.

<http://cryinginthesilence.christianpeople.info/>

## SOME FACTS ABOUT ABUSE

1. A child is abused in the USA, on an average, every two and a half minutes. That translates to the fact that somewhere in the world, a child is abused every six and a half seconds.
2. Abused children are more susceptible to sexual predators.
3. In the USA, approximately 4 children die each day as a direct result of abuse.
4. Abuse is not always visible, especially with adults. Adults would rather hide the signs of abuse than speak out about it.
5. Children find adults difficult to talk to about having been abused, because adults don't want to believe them. For adults, it is socially unacceptable to talk about their abuse.
6. Abuse knows no social barriers, no age barriers and no gender barriers.
7. Perpetrators make their victims feel that the victims are the guilty ones in abuse situations.
8. Abuse is not limited to just sexual abuse. It can be social, mental, physical, emotional, spiritual, financial, spatial and many other forms.
9. Emotional scars from abuse are, generally, a life sentence.
10. 1.64% of children under 4 years of age will be abused.
11. More children under 5 years of age (in the USA) die of abuse than from any other single cause.
12. Only 1 in 3 cases of abuse (estimated) are ever officially reported.
13. Fear is the main weapon used by the perpetrators of abuse against their victims.
14. To ask for help is not the weaker option and is not the cowards way out. It takes courage and strength to speak out.

## THE YEARS HAVE TAKEN ITS TOLL

Plenty of friends, yet I feel so alone  
Nearly everyday that goes by, is on my own  
I do have family who I go and see  
But at the end of the day there is still only me  
My lack of confidence comes from years of abuse  
Tormented by rejection; I think what's the use  
I hate being asked, what I've achieved  
Feeling worthless as I do, I almost can't breathe  
Very embarrassed, because there is nothing to tell  
A life of misery that was nothing but hell  
Humiliated by my own lack of knowledge  
I did try hard when I went to college  
So many times I nearly gave up  
I felt so miserable, almost corrupt  
The way I was thinking was not good at all  
So angry for being dumb, I felt so small  
Not many people knew the misery I was in  
I hid it so well, my face showed a grin  
Never encouraged, when I was a child  
All I did was rebel and go wild  
I still feel I cannot integrate well  
Sometimes I wish, I was fish in a shell  
The years of abuse has taken it toll  
Thank you Lord, now that you're in control

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[More poetry about abuse and the solution, by this lady and others, can be found on our website under Poetry](#)



## ADVICE FOR KIDS

1. If someone is touching you in places that you do not like, tell a grown up person such as a teacher, a policeman or policewoman or a grown up person you trust.
2. If a person is hurting you in ways that you think are wrong, tell a grown up person such as a teacher, a policeman or policewoman or a grown up person you trust.
3. If people are bullying you, tell a grown up person such as a teacher, a policeman or policewoman or a grown up person you trust.
4. If you know a friend who is having any of these things done to them, tell them to tell a grown up person such as a teacher, a policeman or policewoman or a grown up person they trust.
5. If someone is doing these things to you, you are not the one that is being bad and you should not get into trouble when you tell a grown up person you can trust.

**KIDS LINE—1800 688 009**