

You Raped Me, First With Your Mind

Amy Walker, Self Advocate

Before your hands grabbed me and groped me,
You kept me from using my voice.
You told me that I deserved pity,
And did not deserve any choice.
You showed me true discrimination.
Would you rather I respond in kind?
Before you raped me with your body,
Yes, you raped me, first, with your mind.

Your ignorance, frankly, disgusts me.
I don't know which attitude's worse—
The hot stigma with which you brand me,
Pronouncing my name like a curse,
Or the assumptions that you make about me—
"She's incompetent. The fault is hers."
You have assigned me labels, like "retard"—
Would you rather I respond in kind?
Before you raped me with your body,
Yes, you raped me, first, with your mind.

Your inflexible nature astounds me.
Whom did you think I was—your slave?
Indeed, I was your body, your token,
A slot in a video game.
As I felt you, panting and pressing,
Ignoring my humanity,
I then realized what "game" this was—
A contest of "you versus me".
Oh, you've think you've won, but you haven't!
Would you rather I respond in kind?
Remember as you're sent to prison—
Yes, you raped me, first, with your mind!

