

Are You Okay?

It's always, "Are you okay?"

But all they do is betray

You walk and walk until you're away

But do they really know how you feel when you want to run away?

But, yet again, it's always, "Are you okay?"

All you want to do is dream the day away

But instead you stay and say,

"I am okay". *Am I okay?*

"It's okay." "It's okay!"

You know what *is* okay?

It's okay to not be okay.

Amber Harding Year 11

Please speak out if you need any help