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Suicide Is Not It

Violence can be approached in many different ways. The violence that I have seen happen is physical. When I was very little my siblings and I were sexually abused by our father. We dealt with it for a long time and spent years being hurt. Eventually, my little sister stood up and told our mother. My father got sentenced to prison for the rest of his life. In the meantime my family was in therapy for a few years. This led up to a lot of different things. I had anxiety, depression, adhd, and more. My oldest brother had it worse since he had to deal with my father the longest. With the pain of having to take meds and remembering what our father had done to us came bad things. I thought that we were all doing well dealing with life after my father. I was very happy because my oldest brother seemed happy. I was worried the most about my oldest brother because he had to put up with my father the longest. With me thinking that he was ok and really was still in a lot of pain I stopped worrying about him as much. It was the weekend and I hadn't seen my brother for two days. He didn't come out of his room for two days. He also slept a lot which is a sign of depression. We went to pick up my brother from a friend's house. We came back home with something horrible waiting for us. I was the first to turn the corner and my eyes opened wide. There he was, my oldest brother hanging on the stair banister, dead. I was in shock trying to figure out what to do. I fell on my knees and broke down with tears rolling down my face. My mom called the police, struggling to explain what had happened. The police told her to cut the rope and when she did my brother fell to the ground. We all jumped back screaming in shock. I sat down on the couch and couldn't stop shaking. The cops eventually showed up and took Ethan away. I walked away not being able to watch and crying. That day I realized that because of what my father did my brother killed himself. Even though years past it still hurt my brother enough to make him do this action. I always heard the saying hurt people hurt people. This means if you are hurt you make the mistake of hurting other people. Even though you may not know it, most people who hurt others have been hurt themselves. In this case my brother didn't hurt someone else he hurt himself, which is just as bad. The day after my brother's death I learned that if he would've waited just two minutes in the moment he was feeling pain he would still be alive today. If I ever have the thought of killing myself I will talk to someone before it is too late. I have never thought about killing myself and hopefully never will. I would also think about how selfish it would be. Because, when you do something like that you are only thinking about yourself and no one else. You know you will hurt a lot of people and most of all you will hurt yourself. There is nothing much I can do about violence because it has to do with other people. I know I can't control other people but I can control myself. The thing I know I can do about violence is make sure people know that they are a child of God worthy and deserving to be loved. Having a good support system helps a lot of people just like it helped me. Tell your parents, a teacher, or any other trusted adult that can help you. Violence is not the answer. Do the right thing and talk about it.