

# You Raped Me, First With Your Mind

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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!

