

Societies Rules

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Her body is theirs.
She doesn't get to choose.
She listens to society and whatever flows.
Society says "you must be slim and thin" to fit in
But then its "you have too much skin".
Its either "go to the gym" or "eat more food".
Its never enough.
It gets to other girls too.
Media is fake.
Girls need to know that.
You never see "flat" or "fat".
You see over edits and that's a fact.
You must remember that none of its true.
They edit like this, just to get views.
You are perfect just as you are.
No need to change.
You're already a star.

Little kids now think they know it all.
They're on their phones, instead of playing ball.
Because of this, mental health goes down.
They see the fake stuff, its gets to them too now.
I wish they wouldn't listen but they do.
They compare themselves to others, I do it too.
I'm sure adults say the same, "teens are only on phones".
They entice us in.
With their beauty and their glow, we feel like less.
Our skin isn't as smooth or our hairs a mess.
Its sad that kids feel the same as us teens.
Because now little kids are wearing tight jeans.
All to look like that "role model" they should ignore.

This message of looking and being perfect shouldn't exist.
If you want my opinion its kind of foolish.
All it does is tear people down.
Grow bad mentalities and give us a frown.