

POETRY BOOK



YOUNG PEOPLE'S COMMITTEE

SDG 1: NO POVERTY

**SPOKEN WORD
POETRY**

Spoken Word workshop with Kelvin Akpaloo





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INFORMATION

Spoken Word Poetry:

A Creative Method for Youth Workers to Empower Young People for Social Change.

Spoken word poetry is a powerful tool for artistic expression that combines elements of performance, storytelling, and poetry. It involves delivering impactful words with emotion, rhythm, cadence, and passion, often accompanied by body movements and gestures. Unlike traditional poetry, spoken word poetry is intended to be performed, with the aim of capturing the audience's attention and evoking an emotional response within the listener.

For young people, spoken word poetry is a valuable tool to express oneself, that can be used to facilitate and inspire action in relation to social issues by communicating in a way that is impactful to the listener. Spoken word poetry provides a platform to speak out, share personal experiences, and advocate for change, empowering voices via an artistic platform that otherwise may not be heard. This method allows young people to channel their emotions and thoughts into powerful words, instilling a sense of confidence and self-belief.

Youth workers play a crucial role in facilitating and empowering young people. Spoken word poetry can be incorporated into facilitated activities, workshops and programs. Youth workers prioritise creating safe and inclusive spaces, this environment paired with spoken word poetry can encourage self-expression and creativity in young people.

In essence, spoken word is an opportunity for young people and youth workers, to use creative skills to explore and express perspectives and opinions that challenge societal norms, raise awareness about critical issues, and create a sense of unity and empathy amongst their peers and communities.

Three Steps to Empowerment using Spoken Word Poetry:

Expression and Catharsis (Release): The primary objective is to encourage young people to explore and articulate their thoughts, feelings, and experiences through poetry. This process can be cathartic, allowing them to release pent-up emotions and find healing in creative expression.

Catharsis: 'the process of releasing strong emotions through a particular activity' Cambridge Dictionary.

Amplifying Voices: Spoken word poetry enables young people to amplify their voices on personal, local, national, and global issues that matter to them. Spoken word is an artistic communication tool that can raise awareness and provoke thoughts amongst peers and the wider community when given a meaningful platform. This can be supported by youth workers.

Catalyzing Action: Self-expression, through reflection and exploration of a topic can be the first step towards taking an action. Sharing spoken word pieces on social issues with a community, can spark dialogue, drive change, and mobilize others to join their cause.

Learning outcomes for young people engaging in spoken word poetry as an empowerment method include:

Enhanced Communication Skills: Participants improve their ability to convey their ideas and emotions in spoken and written form, as well as confidence building through public speaking.

Empathy and Understanding: Through listening to peer experiences, young people develop empathy and a deeper understanding of various social issues affecting communities.

Leadership and Advocacy: Spoken word poetry nurtures leadership qualities as participants advocate for the causes they believe in through their writing and performance, leading to community mobilization and positive change.

METHODOLOGY



Spoken Word Poetry Method for SDGs

Focus on SDG 1: No Poverty:

Title: "Breaking Chains, Shattering Poverty"

Objective: To empower young people to raise awareness about poverty and inspire action towards achieving SDGs Goal 1.

Steps:

Education and Research: Start by facilitating exploration, engagement and education around SDG 1 targets and ongoing research on the global poverty crisis. Support and encourage participants to focus on key aspects of interest arising and to conduct further research on the impact of poverty on individuals, families, and communities in relation to those key aspects.

Personal Reflection: Give participants the opportunity to reflect on their own experiences with poverty; witnessing poverty in the world around them, personal economic/financial challenges arising for people, or the people close to them. Support people to write down, reflect personally and/or share these experiences within a supportive group setting.

Writing and Rehearsing: Facilitate participants in writing their spoken word poetry pieces by focusing on the themes of poverty, inequality, and breaking the chains of systemic economic hardships. Writing can be facilitated by the use of vivid imagery and powerful metaphors.

Peer Feedback: Organize a supportive environment for participants to share their poetry with each other, pointing out the moments of celebration as well as offering constructive feedback and encouragement to refine their performances.

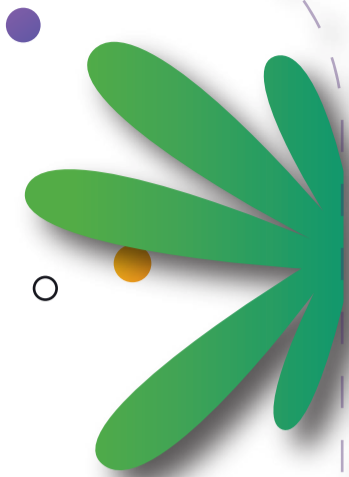
Public Performance: Provide opportunities for the participants to present their spoken word pieces to a larger audience, whether in school, community events, or through online platforms. This exposure will amplify their voices and raise awareness about SDG 1: No Poverty.

Call to Action: Conclude the event with a call to action, encouraging the audience to take steps towards eradicating poverty in their own communities and supporting initiatives that promote sustainable economic growth.

Empowering young people by using spoken word poetry can highlight the transformative power of individual and collective voices advocating for social change, in the hopes of building a more just and equitable world.

Spoken Word workshop with Kelvin Akpaloo.

Written by Young People's Committee.



DEAR

POVERTY

Dear Poverty,
You are not necessary,
Yet you cling onto humanity with such tenacity.
Born from inequality and systemic oppression,
Your grasp on the vulnerable leaves them in a constant recession.

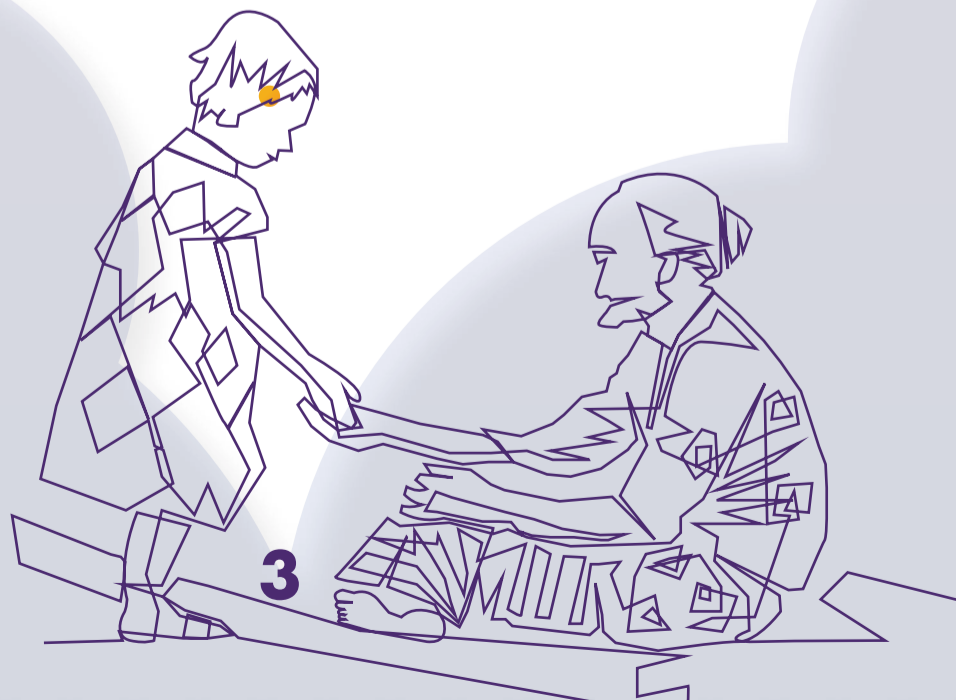
Do you know who holds your chains?

Those who profit from the pain.
The ones who turn a blind eye,
And let your victims suffer and die.

You prevent people's dreams,
And tear apart communities at the seams.
But we won't let you win,
We'll fight until you're eradicated within.

Dear Poverty,
you are not necessary,

And we wish more people took the time to understand your many root causes.
But one day, we'll overcome you, completely.

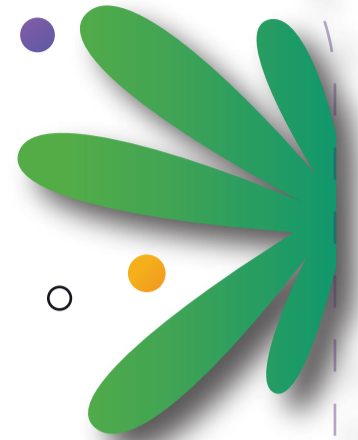


Spoken Word workshop with Kelvin Akpaloo.

Written by Sibéal Ní Dhuibhir.



The MENACE



In the shadows of despair, poverty emerges,
A character with a personality so **menacing**, so unrelenting,
A large, dark ghost, waiting to pounce on dreams,
Stalking our lives, a perpetual fear, rendering us unsafe.
Like a tense atmosphere, it lingers, swimming in honey,
Desperately trying to escape the conversation of hope,
But amidst frustration and exhaustion, I speak my truth,
I turn and face poverty, unafraid, ready to stand up against its tyranny.

Yet, as I confront this specter, I glimpse vulnerability in its eyes,
For I realize it is not their fault, but a misunderstanding of situations,
A misconception that perpetuates the cycle of deprivation.
So, I take poverty's hand and the hands of those beside me,
For in unity lies strength, in solidarity lies change,
Together, we roll up our sleeves and get to work,
Transforming lives, dismantling the chains of poverty.

With every step forward, we challenge its hold,
We offer a helping hand, a compassionate embrace,
We strive for justice, equality, and empathy,
We rewrite the narrative, rewriting our destiny.
For poverty, though formidable, shall not define us,
We refuse to succumb to its haunting presence,
Instead, we rise, we rise against the odds,
Empowered by resilience, compassion, and love.

So, let us join hands, hearts intertwined,
And embrace the struggle, side by side,
In the face of poverty's adversity, we prevail,
Together, we create a world where all can thrive.



Spoken Word workshop with Kelvin Akpaloo.

Written by Kevin O'Connor.



THE DEER CALLED POVERTY.



Poverty

You are an unfortunate **Deer**
Your antlers once shiny and stable, grown and earned over years.
Now muddy and broken.

The herd has gone and left you alone.
I am thankful I only see this deer from a distance
But when ever we meet we talk about food, and heat.
It tells me I stay in a warm room
when it stays out by in the cold.
It is always sorrowful

The Deer said to me,
with pain and anger in its voice,
that it's antler was shattered by accident
but the herd moved on regardless. We must make sure that just
because of accidents,
we don't loose our antlers.

Spoken Word workshop with Kelvin Akpaloo.

Written by Shauna McNamara.



THE TOOL



Poverty

You are the tool of our oppressors
You are a beast in chains held by a white man who has never known suffering
Your violent nature sinks its fangs into the path before you
You scream and shout
And you are heard
(Everywhere)

Or maybe you are the white man
With suits and slicked back hair
You roll the dice on all lives
(All lives that are not like yours)
And you bathe in their pain
You laugh when I bid you to fear the fear gotta
(You laugh when I ask you to share)

You bring with you the cold of a funeral
(One mourner stands alone)
And when you speak I can tell that you have nothing new to say
(You just like the sound of your voice)

You just like the sound of your voice
You just like the sound of the noise
You just like the sound of your coins

The numbers the chaos the pedestal
(Heights you were born at)
You look down over the cliff edge at the world below

Poverty

How can we make you fall?

Poverty

Why do you rule the world?





NYCI National Youth Council of Ireland

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