## 19 and Me

Locked up
Separated from family
Relying on others for food & supplies
NO TOUCHING!
Only communication with loved ones over phone or video

Being told what to do where we can or can't go and when we can or can't do anything

All special activities cancelled
No haircuts
No religious programming
No educational classes
Nothing to do
Just me and my TV

"They" make all the decisions
we're required to blindly follow
New Curfews
Rules changing hourly
Authorities checking to make sure we are where we're supposed to be

Compliance is Mandatory disobedience will not be tolerated

People afraid of "Others"

of getting sick

of losing their life

can't even go to the hospital in an emergency without special clearance

Powerless, helpless, hopeless...

society just got a small dose of what my life is like EVERY DAY in prison.