



## ENOUGH

[AIMS Journal, 2016, Vol 28 No 1](#)

Today I am saying ENOUGH!

ENOUGH to the lies women are told about their 'incapable' bodies

ENOUGH to the bullying and coercion they experience when they say 'No'

ENOUGH to the trauma that scars them and those who love them for life

ENOUGH to ignoring the scientific evidence AGAIN and AGAIN and AGAIN

ENOUGH to the power middle class men hold when it comes to women

ENOUGH to the PTSD that is rising in childbirth and the rising rates of suicide

ENOUGH to the horror stories that strip women of their hopes and dreams

ENOUGH to the impersonalised care we give, knowing we can do better

ENOUGH to a system focused on itself, not women, despite the mission statements

ENOUGH to anxious babies looking for love in their haunted mother's eyes

ENOUGH to our money spent on causing harm in health care, not preventing it

ENOUGH to weak leaders and politically correct tiptoeing around the issue

ENOUGH when we know better

ENOUGH when we know how

ENOUGH when we know why

ENOUGH when it can change now

ENOUGH!

ENOUGH!

ENOUGH!

by Hannah Dahlen