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## Poem

### Heroin chic is in? Reflective poem by a core trainee working in child and adolescent mental health services

Clare Georgia Kirk Robinson 

The media screams, 'Heroin chic is in',  
So I must try, try, try to be ultra thin.

Nothing tastes as good as skinny feels'  
So I had better restrict my meals.  
Thin is in, and being fat is obscene,  
Constant repetition in the pages of a magazine.

Counting calories is the way to a better you,  
Helpfully, the government puts them on every menu.  
Walk 10 000 steps a day,  
Maybe 20, what's getting in the way?  
No carbs, no fat, nothing is a treat,  
You will feel better when you control what you eat.

'Heroin chic is in' they say,  
Watch the number on the scales fade away.  
I can't eat this, I can't have that,  
45 kilograms is way too fat.  
The guilt and shame of having dinner,  
I need to cut down, I must be thinner.

They are calling it anorexia now,  
My secret friend somehow.  
I'm stuck in hospital and feeling breathless,  
I can't go to the bathroom on my own, I'm on chair rest.  
It has taken my period, my independence and all things fun,  
But 'heroin chic is in', so who has really won?

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