

Verse1:

It stops with us we gotta regain the trust/In this world of hatred, mayhem, and lust
Sometimes it feels like we live a curse/Like the only easy way out is in a hearse
Well let me tell you that the answer is in this verse/Take a look at your reflection and think
first/What can I do to make my mamma feel safe at night/And when my little sister goes out I'm so
uptight/I feel I gotta get involved and do the right/Because one day that just might, be my little
girl/Coming into this world that I fear/I done cried so much that I can't spare no tears/I wish my
mommy would've known what I know in her years/She ain't have to suffer the pain in her heart
like spears/But guess what (guess what), I'm a make that change/And let y'all know that this
issue is no longer strange/C'mon!

Chorus:

**This is real life, not a cinema scene/Everyday it goes unseen
IT STOPS WITH US!
It would be real nice a life without bad dreams/Now let us unite
IT STOPS WITH US!
And if there ever comes a day that you wanna make change/Take a look at your reflection
understanding the pain/With no worry of rejection just focus and say/It stops with us, it
stops with us, IT STOPS WITH US!**

Verse 2:

What about the young girl who was dating an older man/Unemployed, lived at home, but he
promised her the land/He always made her offers that she couldn't resist/Plus she felt so grown
up every time that they kissed/He said things to make her feel good, would touch her real
good/Her last boyfriend ain't never did that/And her friends are so envious/Could you blame them
she's 13 he's 26/When they're together they do more than just kiss/She said she loves him and
he said this is what lust is, trust this/Relationship will be going down fast/Because the dude has
no intentions of making it last/As the plot thickens/Her heart rate quickens/She can't get up for
school and she slowly sickens/When she took the test, the results were positive/Then he
vanished with the last words "It ain't my kid.

Chorus

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Verse 3:

This is no fabrication/Every other minute it happens in this nation/A female is disrespected
rejected/And her thoughts are neglected affected/What can you do to/Stop the pain, stop the
madness/Stop the rain, stop the sadness/It don't take much, just think before you act/Turn the
tables, now how would you react/Would you be able, to easily bounce back/Or unable, and feel
eternally trapped/Rape happens on the daily to our mothers and sisters/Grandmothers and
daughters the ones who exist us/They own the right to feel safe at night/Secure with life a lifetime
paradise/Believe me they need us/So everybody play your role as a leader/It stops with us

Chorus

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Repeat Chorus