

My blood

by Margot Dupé

Not a shot fired
Not a razor cut
Not a knife planted

Yet

Blood shed
Blood spread

And the tears.

No war
No revenge
No weapons

Yet

It flows again.

Not a broken bottle
Not a hit punched
Not a violent push

Yet

Blood shed
Blood spread

And the pain.

No enemy
No battle
No hatred

Yet

Red flashing stains.

Not a knee scratched

Not a harsh burn
Not a bad fall

Yet

Blood shed
Blood spread

And the stains
And the pain
And the tears.

No murder
No death
No violence

Yet

Blood shed
Blood spread

A red ocean at nature's commands.

Blood flow
Blood shed on my legs
Blood stains my underwear

Blood flow
Blood spread on my thighs
Blood joins my hairs

Blood flow
Periods come and go
Blood flow
Endometriosis says hello.

After interning with the French national hotline against SGBV (3919) in high school, Margot knew she had to commit to supporting survivors and ending violence. Since then, she has joined several organisations such as the Center for Gender Advocacy (Canada); organised a youth-led event with the International Planned Parenthood; interviewed SGBV survivors for resettlement with the UNHCR; and supported a grassroots SGBV association to develop in Kenya. Margot holds a Master in Human Rights and Humanitarian Action from SciencesPo. She currently works at UNFPA (the UN agency for sexual and reproductive rights) in Bamako (Mali), where she focuses on gender based violence prevention and response.

Margot was diagnosed with adenomyosis (a form of endometriosis) a year ago and is still struggling to find appropriate care. Thanks to the kindness of women in similar situation she has found support in what feels like being at war against her own body. In other news, the French parliament recently voted to officially to recognize Endometriosis as a long standing disease.