When you're in prison, don't turn the other way Keep your back against the wall When you're in prison, don't turn the other way Do not bend at all

Oh, don't pick up the soap, pick up the soap It's bad for you
Oh, don't pick up the soap, pick up the soap Someone will be waiting there for you

When you're in prison, be sure to stay awake Always lie upon your back When you're in prison, be sure to stay awake Keep you from attack

Oh, don't be no one's bitch, be no one's bitch It's bad for you
Oh, don't be no one's bitch, be no one's bitch
They won't help you make it through

When you're in prison, don't turn the other way Follow what I say to do
When you're in prison, don't turn the other way You can make it through

You can make it through You can make it through