

Speak UP!



PROJECT SPEAK UP! Parent Invitation

**Parents: Please don't miss these special presentations for High School Juniors and Seniors!
Know the signs. Learn how to start the conversation. Listen.**

SPEAK UP!

DATE:

TIME:

LOCATION:

RSVP HERE

ABOUT SPEAK UP!®

The past few years have been overwhelming with national and international news of sexual assaults, bullying and harassment, identity struggles, depression and suicide. SPEAK UP! is an original, award-winning play written and performed by students that gives voice to some of the most troubling and traumatic issues facing young people today. These often-taboo topics are brought to the stage in a powerful 25-minute presentation that serves as a catalyst for conversation afterward. SPEAK UP! seeks to educate and empower young people and to equip adults with the tools they need to listen and support them.

While the play portrays intense experiences related to mental health, healthcare professionals recognize that many youth or their friends struggle with these issues. It is important to have conversations about these topics to prevent increased mental health risks. **When student audiences are asked if they or someone they know has been personally affected by one of these issues, every student says yes. However, they also say they aren't really talking about this with their parents or other adults.**

The goal of this presentation for parents is to give you an opportunity to hear about adolescent experiences from adolescents themselves and then discuss how to be better prepared to talk with and support your teen, particularly as they are navigating dating, parties, and what they are seeing and hearing while preparing for life away from home.

SPEAK UP! TESTIMONIALS

The play has been performed at several theatre festivals, as well as, to faculty, student leaders, and mental health professionals. The feedback has been profound.

Student Feedback:

After performing the play to student leaders, 100% of those who completed a survey afterward said they would now be likely or very likely to “speak up” for themselves or someone else. When asked what they would do differently after seeing the play, student responses were truly moving.

- “I will talk to my parents more”
- “Treat girls with more respect”
- “I will absolutely adopt a new perspective and make sure that i treat everyone i encounter with respect and friendliness.”
- “Make sure to be more aware of the people around me.”
- “I want to change. I want to help myself and help others. I want to use my talents to see change. I want to be the cause of that change. For a long time, I've done nothing, and I don't want to do nothing anymore.”
- “If I witness bullying or abuse or anything like that i will report it”
- “conduct myself in a manner that better respects all people”

Faculty Feedback:

- "It opened my eyes to accepting these issues are real and can occur...and to be prepared."
- "This is more powerful than any speakers we've had"
- "... great opportunity to open the conversation"
- “Happy that we are talking more with faculty and staff about student support of mental health issues.”
- “Profound, thought provoking, starting point for better education on warning signs ...”
- “Every student should see this.”

Mental Health Professionals Feedback:

- “I was SO impressed with the maturity and well-articulated comments from the students. A truly amazing group and a wonderful way to bring light to this very important subject.”
- “I have no doubt everyone in attendance last night will always remember that performance. I also believe that it will have a ripple effect and people will act.”
- “We are all so excited for what the future holds!”

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