



**Blatantly Honest<sup>®</sup>  
Foundation**

# **2025 SPEECH GUIDE**

***REAL CONVERSATIONS.  
REAL IMPACT.***

**2025**

# BLATANTLY HONEST: REAL TALK FOR REAL LIFE

## Peer-to-Peer Guidance on Navigating Life as a Teen

Let's get real—life as a teen can be tough. In this open, honest conversation, Makaila shares her own story of being bullied, judged, and misunderstood. Through her powerful message, students realize they're not alone and that asking for help is a strength, not a weakness.

**Customizable for:** middle school, high school, college students

**Length:** 30–45 min

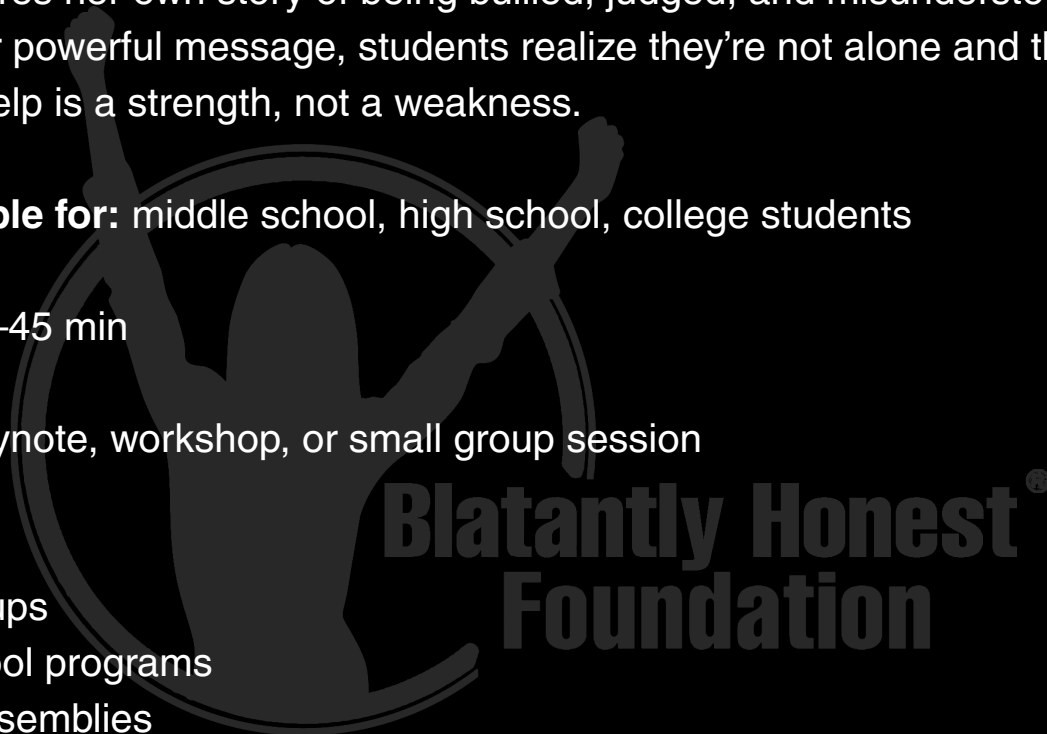
**Format:** Keynote, workshop, or small group session

### Perfect for:

- Youth groups
- After-school programs
- School assemblies
- Summer camps

### Takeaways:

- Recognize signs of emotional stress
- Learn how to ask for help
- Bystander empowerment & response
- Tools to build peer support systems
- A deeper understanding of bullying & resilience



# BLATANTLY HONEST: EMPOWERING THE ADULTS WHO GUIDE TEENS

## Helping Parents, Educators & Leaders Support the Next Generation

Whether you're a parent, teacher, coach, or youth leader—supporting today's youth takes new tools. This session gives adults insight into the real issues teens face, including social media, bullying, and body image, with practical ways to start meaningful conversations.

**Customizable for:** adult audiences

**Length:** 30–60 min

**Format:** Keynote, workshop, or breakout session

### Perfect for:

- Parents & caregivers
- Teachers & counselors
- Faith-based leaders
- Mentors & youth program staff

### Takeaways:

- How bullying has evolved with tech & trends
- Communicating effectively with youth
- Strategies for prevention and intervention
- Creating open, judgment-free environments



**Blatantly Honest<sup>®</sup>**  
**Foundation**

# BLATANTLY HONEST: THE BODY EDITION

## Self-Love, Body Image & Overcoming Eating Disorders

Makaila's journey through the modeling world led to serious struggles with body image and eating disorders. In this intimate and uplifting program, she shares the truth about unrealistic standards and teaches students how to love themselves just as they are.

**Customizable for:** students, youth groups, parents

**Length:** 30–45 min

**Format:** Talk, workshop, or retreat breakout

### Perfect for:

- Middle & high school groups
- College students
- Fashion/media clubs
- Parents & educators

### Takeaways:

- Understanding eating disorders
- How to recognize and seek help
- Activities for self-love and confidence
- A reality check on beauty standards
- Reclaiming your identity outside of looks

**Blatantly Honest<sup>®</sup>**  
**Foundation**



# BLATANTLY HONEST: FROM VICTIM TO SURVIVIOR

## Healing After Sexual Assault & Finding Your Voice

One in every six women is a survivor of sexual assault—and many suffer in silence. Makaila breaks that silence by sharing her own story and helping others feel seen, supported, and empowered to heal and rise above trauma.

**Customizable for:** high school, college, adult audiences

**Length:** 30–60 min

**Format:** Keynote, safe-space discussion, workshop

### Perfect for:

- Students & campus groups
- Women's/men's groups
- Counselors & youth advocates

### Takeaways:

- Survivor tools & coping resources
- How to support someone who's struggling
- Shifting from shame to strength
- How to talk about trauma in safe spaces
- Empowerment through storytelling

**Blatantly Honest<sup>®</sup>**  
**Foundation**

# BLATANTLY HONEST: THE TRUTH ABOUT TRENDS

## Drinking, Drugs & the Pressure to Fit In

Substance use and peer pressure are hitting kids younger and harder than ever. Makaila opens up about her own journey of navigating these challenges—and how saying “no” can actually be your greatest power. Real talk, no judgment.

**Customizable for:** youth and adult audiences

**Length:** 30–45 min

**Format:** Interactive talk, Q&A, workshop

**Perfect for:**

- Middle/high school & college groups
- Parents & community coalitions
- Church groups
- Teen outreach centers

**Takeaways:**

- Common teen trends in substance use
- How to spot and resist peer pressure
- Healthy coping skills
- Support systems for sobriety
- Real-life consequences and recovery options

Blatantly Honest<sup>®</sup>  
Foundation

# BLATANTLY HONEST: SCROLL, POST, REPEAT

## Mental Health in a Social Media World

We live online—but at what cost? In this eye-opening session, Makaila explores how social media affects self-esteem, anxiety, depression, and our sense of reality. With personal stories, eye-opening stats, and real talk, students learn how to protect their peace, set boundaries, and stop comparing their behind-the-scenes to someone else's highlight reel.

**Customizable for:** middle school, high school, college

**Length:** 30–45 min

**Format:** Keynote, workshop, group discussion

### Perfect for:

- Student groups & clubs
- Youth groups & after-school programs
- Mental health awareness events
- Parent nights

### Takeaways:

- The link between social media and mental health
- How to recognize digital burnout and anxiety
- Tips to reset your feed & protect your peace
- How to use social media for good
- Daily habits for a healthier mind

# WHO IS MAKAILA NICHOLS?

Makaila Nichols is a nationally recognized speaker, best-selling author, and founder of the Blatantly Honest Foundation—an organization devoted to breaking stigmas around teen social issues like bullying, body image, mental health, and sexual assault.

Makaila's passion for speaking comes from lived experience. Bullied throughout adolescence and even into adulthood, she turned to writing as a way to heal. That journey became her breakthrough book, ***Blatantly Honest: Normal Teen, Abnormal Life***—which went on to become a best-seller and award winner in both Parenting of Teens and Teen Social Issues categories.

Makaila's message quickly gained national attention, and she began speaking at schools, youth organizations, mental health events, and corporate family programs across the country. She shares her story with raw honesty, compassion, and humor—giving students not only the tools to speak up but the courage to be themselves.

As her reach grew, Makaila expanded her mission with:

- Children's coloring books on bullying and body image: ***Buddies Don't Bully*** and ***Every Body is Beautiful***—which have been donated to schools, programs, and hospitals across the nation.
- A podcast series, *Blatantly Honest with Makaila Nichols*, where celebrities and experts discuss the issues young people are afraid to talk about.
- Customizable workshops, keynotes, and retreats for students, educators, parents, and community leaders.





# WHY MAKAILA NICHOLS?

Makaila is not just a speaker—she's a relatable role model who understands the pressures of today's youth. Her authenticity connects across age groups, making her sessions powerful, memorable, and full of practical takeaways. She has helped thousands of students feel less alone and empowered countless parents and educators with insight into how to support the teens in their lives.

Whether she's speaking about bullying, mental health, social media, peer pressure, substance use, or recovery from trauma—**Makaila delivers a message of hope, healing, and resilience that resonates long after she leaves the stage.**



# PRICING BREAKDOWN

## **Standard Session Fees (Per Group, Local Travel)**

*For events within 1 hour of Orlando, FL*

30-minute session – \$750

45-minute session – \$995

60-minute session – \$1,250

## **Standard Session Fees (Extended Travel – 1+ Hour from Orlando, FL)** *Additional travel expenses may apply (lodging, airfare, per diem if needed)*

30-minute session – \$1,500

45-minute session – \$1,750

60-minute session – \$2,000

Optional Add-Ons

## **Coloring Book Packages**

*(Perfect for elementary-aged students)*

300 Coloring Books – \$450.00

600 Coloring Books – \$795.00

*(Titles: “Buddies Don’t Bully” & “Every Body is Beautiful”)*

## **Student Book Special**

Blatantly Honest: Normal Teen, Abnormal Life

\$10 per student (Minimum 100 books)

*(Retail: \$20 – perfect for middle and high school audiences)*