

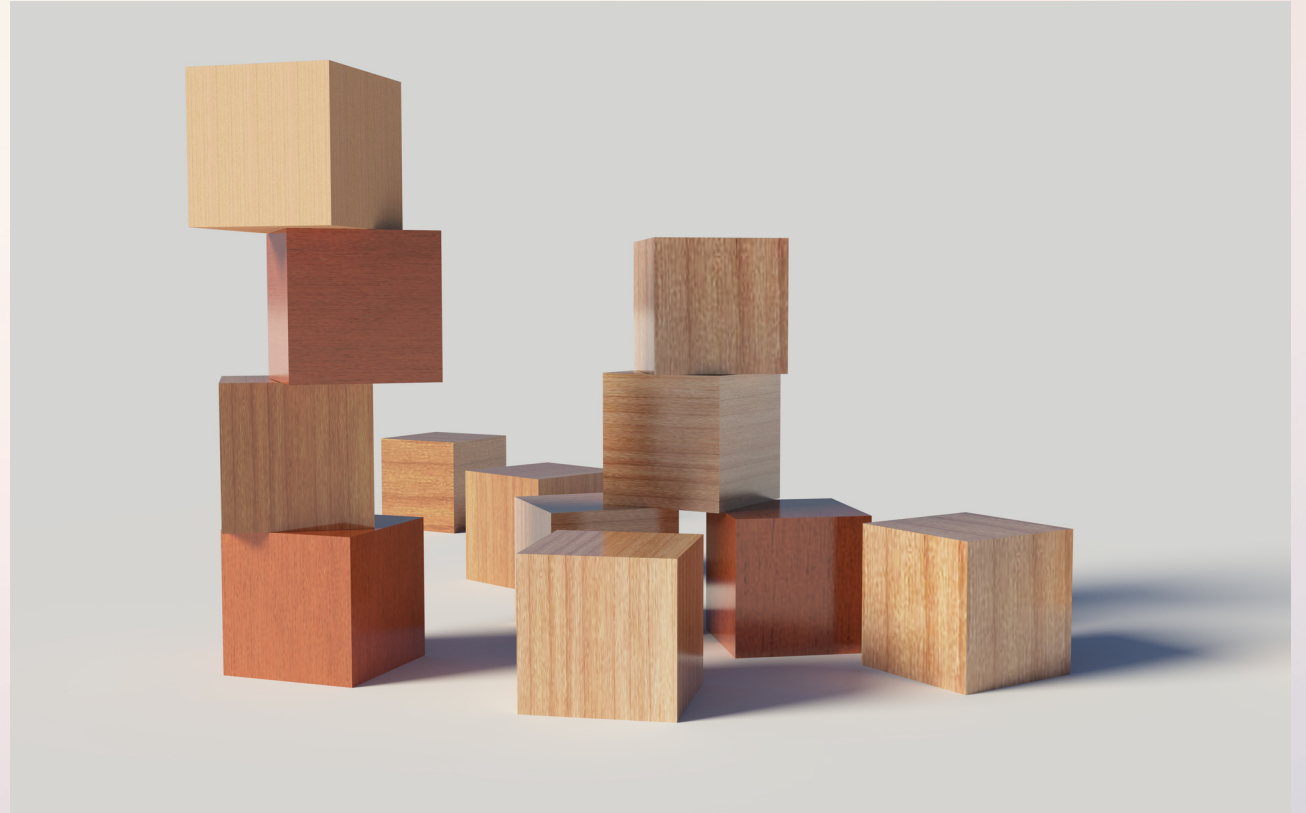


TALKING IS
THE ONLY WAY OUT

We are all blocks...

BLOCKS TRYING TO BUILD TOWERS

- Towers of FRIENDS
- Towers of ACTIVITIES
- Towers of SPORTS
- Towers of THINGS TO DO
- Towers of SOLID RELATIONSHIPS
- Towers of STRENGTH



My name is Katie Kuperman



We are equals

**MIGHT LOOK DIFFERENT FROM ONE ANOTHER
MIGHT BE VARIOUS SHAPES AND SIZES**

BUT WE ARE STILL ALL JUST BLOCKS

**EVERY BLOCK DESERVES TO BE TREATED EQUALLY
EVERY BLOCK DESERVES TO HAVE A VOICE**



What does it mean to have a voice?

TO HAVE A VOICE IS TO...

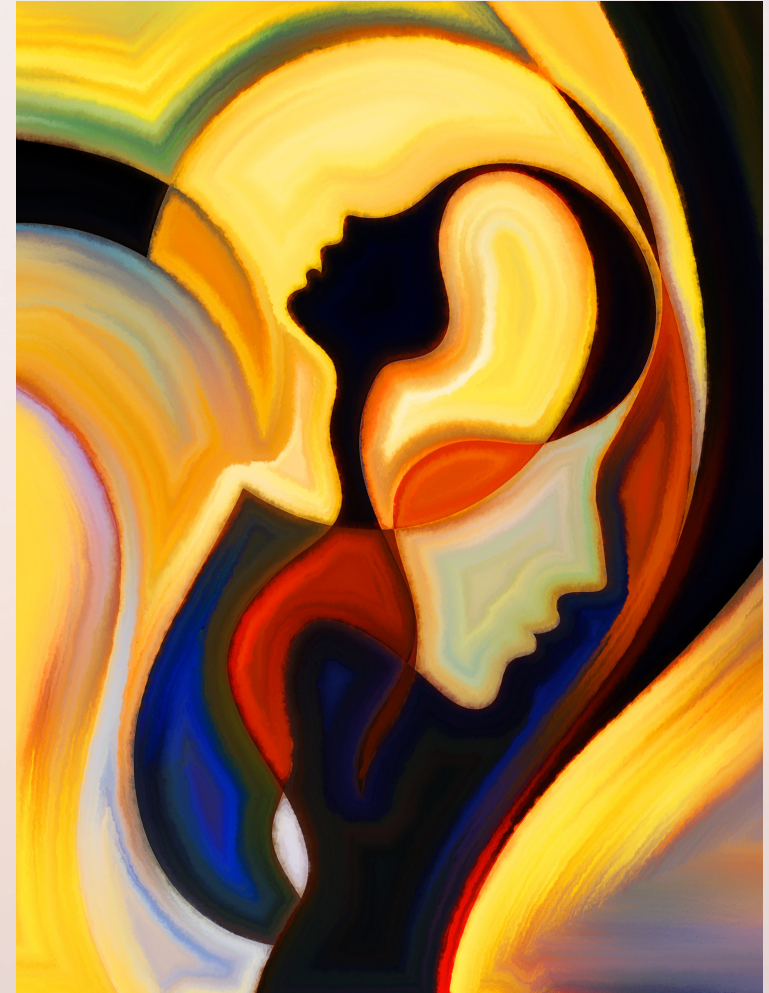
- Feel comfortable and confident enough to TALK
- Talk openly and honestly about ANYTHING
- Tell people how we're feeling
- Say when we like something or don't
- Give our opinions
- Tell people we care
- Tell people when we're in trouble
- Know that we are respected, accepted and cared for



Breaking it down

**TALKING IS
COMMUNICATION**

**COMMUNICATION IS
HUMAN CONNECTION**



We need to TALK

- LETS US USE OUR MOST POWERFUL TOOL
- BUILDS TRUST
- CREATES GENUINE RELATIONSHIPS
- BRIDGES THE GAP BETWEEN US

WHAT DOES OPEN AND
HONEST TALKING DO?



Close your eyes



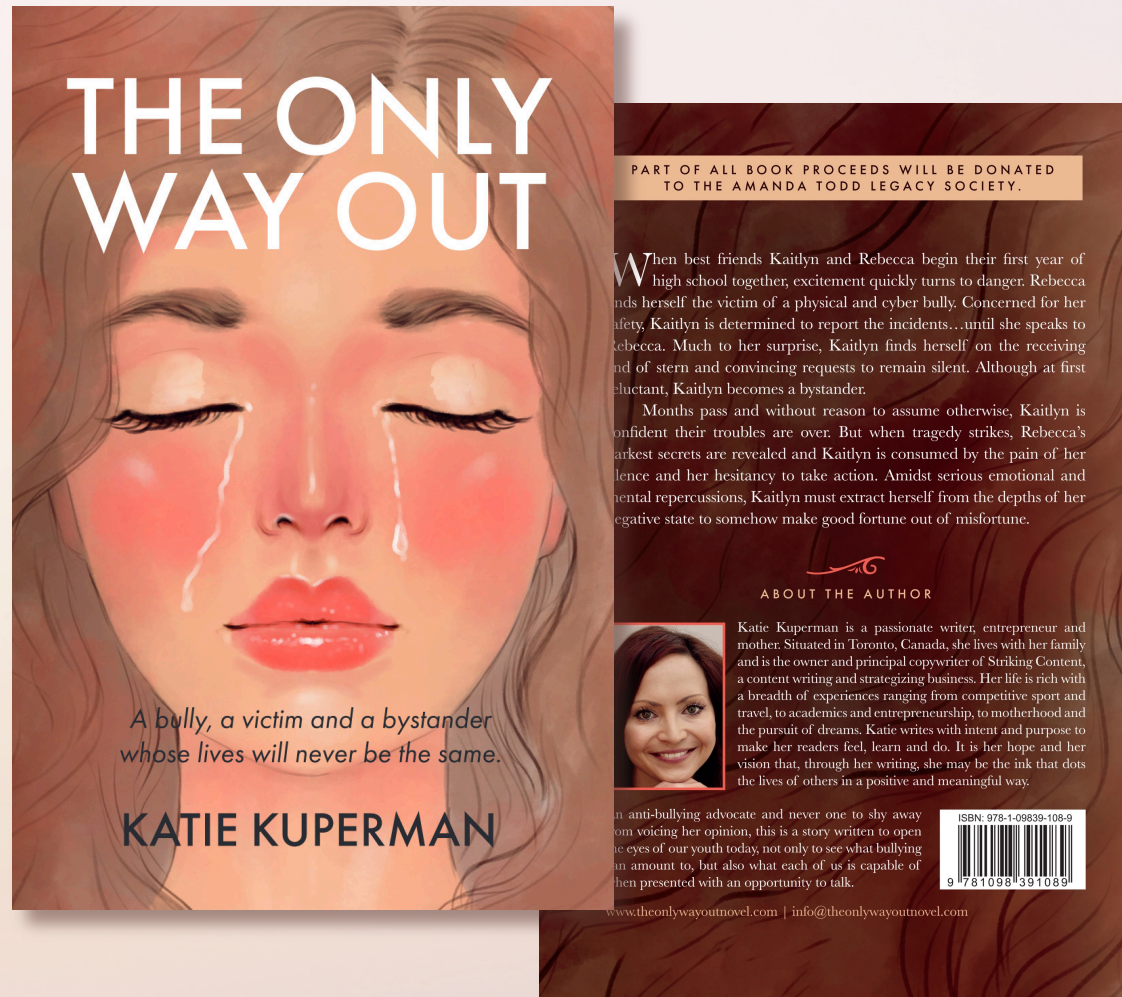
How do I want to feel in my life?

Believe it or not, TALKING is a key component of living a happy, satisfied and fulfilled life.

- It brings relief
- It makes you feel better
- It leads to new solutions
- It works with yourself too



The Only Way Out



Amanda Todd's Story

Amanda Todd died as a direct result of relentless bullying and mental health struggles.

Her YouTube flashcard video took the world by storm.



Fallen blocks

Rehtaeh Parsons



Drayke Hardman



Rosalie Avila



Isabella Tichenor



Gabriel Taye



Riley Hadley



Inspired to write

TOUCHING LIVES AND INSPIRING CHANGE

- A novel about bullying and mental health
- The tale of a bully, a victim and a bystander
- Grounded in a powerful message about TALKING
- Opening the dialogue, breaking the cycle
- Dedicated to Amanda Todd

**PART OF ALL PROCEEDS WILL BE DONATED TO THE
AMANDA TODD LEGACY SOCIETY**

FOR...

Youth.
Young adults.
Parents.
Teachers and educators.
Advocates.
Influencers.



Which block do you want to be?



It's up to you to decide

WHAT'S IMPORTANT

- Not only about helping someone else or “doing what's right”
- It's about your own personal happiness
- We all deserve HAPPINESS

**BUT, IT'S NOT ALWAYS EASY TO TALK OPENLY AND SPEAK UP
IN FACT, IT CAN BE BE EXTREMELY DIFFICULT**



8 tips

Here are a few guidelines to help you start talking openly and speaking up.

- Get comfortable with how you feel inside
- Know and trust how good you will feel after you speak up
- Begin with someone you know and trust
- Don't worry about what will happen next
- Say what's on your mind – or write it if you can't yet say it
- Be honest about *why* you're struggling
- Say what you're hoping to get out of telling your person
- *Be brave and go for it!*



What matters

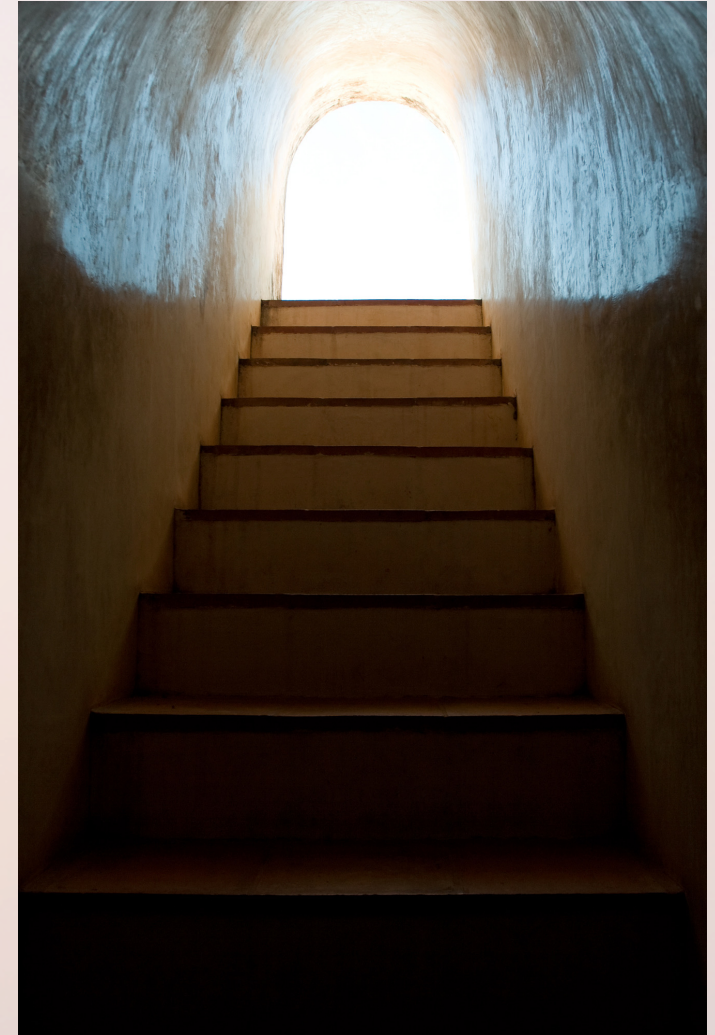
**It isn't WHAT you say.
It's that you SAY IT.**

DON'T KEEP ALL YOUR
FEELINGS SHELTERED –
EXPRESS THEM.
DON'T EVER LET LIFE
SHUT YOU UP.

– DR. STEVE MARABOLI

Talking is *The Only Way Out* if you are...

- **Being bullied**
- **Bullying another person**
- **Struggling with something inside**
- **Noticing a friend in trouble**



Words may not be the full solution...

But TALKING is the first step.

And without it, no greater meaningful change can take place.



If we can create a...

Home
Classroom
Environment
Culture

Where people talk openly...

THE POSSIBILITIES ARE ENDLESS



THANK YOU