

Who We Are

SpeakUp! is a nonprofit 501 (c)(3) that supports young people as they navigate their journey to adulthood by BOTH helping young people talk honestly about their worries, concerns and challenges to important adults in their lives AND positioning adults to better listen, guide, and support them.

We offer a school-based, youth-led program in 30 middle and high schools in the Greater Philadelphia area and New Jersey. Here, youth, parents, and school adults come TOGETHER to talk openly about topics the youth want to discuss. We complement this with our “Continue the Conversation” series which gives adults more chances to learn skills and gain confidence in talking about these same topics.

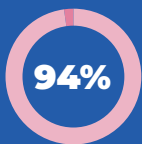
When young people feel heard, seen, and understood — they THRIVE!



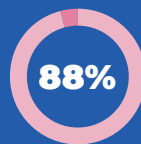
Our Impact

Over the past 25 years, SpeakUp! has successfully engaged over **35,000** youth and families in speaking up.

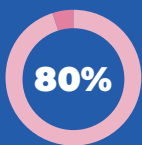
As a Result of SpeakUp!:



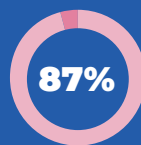
of all participants gained an understanding of others' perspectives.



of our participants feel less alone.



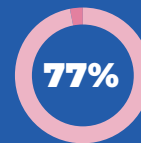
are more willing to ask for help.



of participants will use what they learned to build stronger relationships.



of adults have a more positive view of teens.



of teens have a more positive view of adults.







See What SpeakUp! Participants Have to Say:

“As a parent, I’ve changed my thoughts, attitude and behavior after listening to the students express their points of view on important topics that affect their lives every day.”

“It was amazing to be able to hear that we [students] are not alone in our struggles and even more amazing to tell parents the ways they can help us.”





Our Programs

Your support enables us to bring our comprehensive programs to more schools, youth, and families:

-  Our **School-Based Program** engages youth, school adults and parenting adults together in supportive conversations. Student leaders and school adults are trained to facilitate these sessions.
 -  The **SpeakUp! Podcast** amplifies what we have heard and learned from listening to thousands of youth and families.
 -  Our **Continue the Conversation (CTC)** series offers a variety of forums for adults to gain skills and confidence to talk with their young people about challenging topics.
- CTC Series Includes:**
-  **Parenting Adult Coffees** (held in person and virtually) allow participants to discuss relevant topics and gain support and strategies.
 -  **Youth Mental Health First Aid** trainings teach participants how to identify and help someone who is experiencing a mental health crisis.
 -  **QPR Suicide Prevention Trainings** provide parenting adults and school adults with innovative, practical, and proven strategies.

How You Can Help

With your support, SpeakUp! can empower young people to thrive now and throughout their lives. Research from the Children’s Hospital of Philadelphia Center for Parent and Teen Communication confirms that SpeakUp! is effective and scalable. The main barrier to helping more communities is funding. **Join us and over the next five years we will:**

-  Nearly double the number of annual program participants from 2800 to 5000.
-  Increase the number of active school partners from 30 to 50.
-  Continue to diversify our school partnerships so that 50% are within under-resourced communities.
-  Develop digital tools to amplify what we’ve learned by listening to over 35,000 youth and families.



Visit SpeakUp.org/Donate



Celebrate 25 Years of SpeakUp!

With your sponsorship, SpeakUp! can empower young people to THRIVE now and throughout their lives. Our corporate partners are essential in expanding the SpeakUp! program to reach more students, parenting adults and school adults.

	Milestone \$25,000	Leadership \$15,000	Respect \$10,000	Courage \$5,000	Collaboration \$2,500	Acceptance \$1,000
An in-person Question. Persuade. Refer. (QPR) suicide prevention training for your employees	X					
An in-person Lunch & Learn on “Empowering Our Youth to THRIVE” for your employees	X	X				
A virtual Lunch & Learn on “Empowering Our Youth to THRIVE” for your employees	X	X	X			
Your company logo featured on Speakup.org home page and link to your website (3,000+ viewers)	X	X	X	X		
Your company logo presented at all SpeakUp! Schoolwide events (3,000+ viewers)	X	X	X	X	X	
Your logo hyperlinked on all monthly email correspondence for our Continue the Conversation series (1,500+ subscribers)	X	X	X	X	X	X
Social Media announcement of your company’s SpeakUp! sponsorship	X	X	X	X	X	X
Company recognition on the SpeakUp! Office Gratitude Wall (where trainings are held)	X	X	X	X	X	X
Invitations for your employees to our Continue the Conversation programs including Parenting Adult Coffee Series, Grandparent Coffees, and Youth Mental Health trainings	X	X	X	X	X	X

**Thank you for supporting SpeakUp!
Please complete the information below.**

Sponsor Company Name (as it should appear on event materials): _____

Sponsorship Level: _____

Name of Primary Contact: _____

Contact Title: _____

Address: _____

Phone: _____ Email: _____

Web Address: _____

Please email the completed sponsorship form to kcoppola@speakup.org
or mail it along with your check to the address below.

Payment can also be submitted
online at speakup.org/donate



SpeakUp!
Attn: Kate Coppola
80 W. Lancaster Ave, Suite 220
Devon, PA 19333

Please email your high quality resolution company logo in either
a jpeg or png format to kcoppola@speakup.org.

If you have any questions, please don't hesitate to contact 610-519-9600 x106.

SpeakUp! is a 501 (c) 3 non-profit. Our Federal Tax EIN is 23-2896812. Please know your contribution is tax-deductible to the fullest extent allowed by law. The official registration and financial information of SpeakUp! may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999.

SpeakUp! has the highest rating from Charity Navigator