



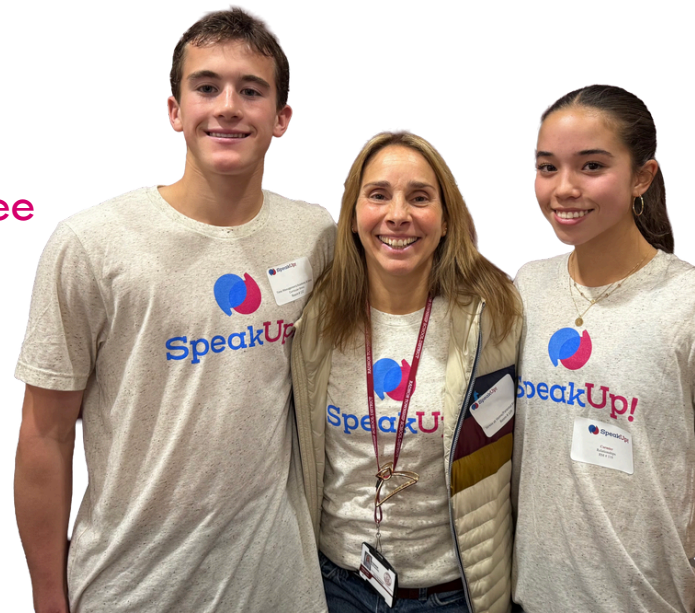
SpeakUp!

Celebrating
25
— Years —

SpeakUp! Works—And Researchers Agree

The Center for Parent and Teen Communication Highlights SpeakUp! As a Promising Practice.

A new white paper from the Center for Parent and Teen Communication (CPTC) (based within the Division of Adolescent Medicine at the Children's Hospital of Philadelphia) highlights SpeakUp! as an innovative, youth-driven model that can help young people and the adults in their lives connect through honest conversation.



SpeakUp! Makes Space to Talk

Being a young person today is hard. Nearly half of young people report persistent feelings of sadness or hopelessness, and recent data shows that nearly a third of teens say anxiety and depression are common in their schools.

The truth is most teens want to talk. And most adults want to help. But the conversation often breaks down before it begins.

SpeakUp! is the Bridge.

SpeakUp! partners with schools to create safe, inclusive spaces where students, parenting adults, and school adults talk openly about stress, mental health, relationships, social media and more. SpeakUp! also offers ongoing support through its community-based Continue the Conversation series.

Now, after 25 years of impact, CPTC has reviewed our model and confirmed what we've witnessed: it works.

“SpeakUp! presents a promising and innovative approach to addressing the communication barriers between teenagers and adults.”

— CPTC White Paper, 2025

Highlighted by CPTC

Researchers from University of Pennsylvania's Graduate School of Education (Penn GSE) validated SpeakUp!'s post-event survey. They reviewed three years of data and confirmed that youth and adults consistently report a stronger sense of connection after participating.

Based on Penn GSE's analysis and a review of SpeakUp!'s model, CPTC highlighted SpeakUp! as a promising approach worthy of further robust research and expansion.

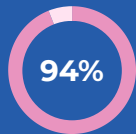
- **Teens** report feeling more connected, supported, and willing to ask for help.
- **Adults** walk away with new insights, greater empathy, and practical communication tools.
- **Schools** benefit from stronger relationships and improved culture.

“By promoting open dialogue and providing continuous support, the organization helps young people and adults navigate adolescence and fosters environments where they feel heard and supported.”

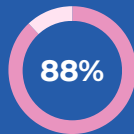
— CPTC White Paper, 2025

Real Impact

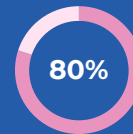
In 2023–24, SpeakUp! partnered with 29 middle and high schools, engaging 2,184 youth and adults. Of the 1,506 who completed the post-event surveys:



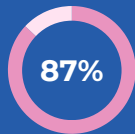
gained perspective from others



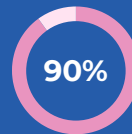
realized they are not alone



are more willing to ask for help



plan to build stronger relationships



of adults reported a more positive view of teens

What Makes It Work

- **Youth-driven.** Students select the topics and invite adults into the conversation.
- **No button-pushing.** Family members are in separate groups to listen to and gain insights from others, which they can use to communicate better within their own family.
- **Built for connection.** Participants leave with skills and the courage to keep talking.

Let's Build What's Next, Together



**Program
Registration**



**Support
SpeakUp!**

Questions?

Contact Kate Coppola at
kcoppola@speakup.org or
(610) 519-9600 x106

**Read the White Paper
on our Website**

speakup.org