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This youth assembly curriculum is derived from the presenter's original "*Be You*" manuscript and is designed for large-scale school presentations focused on bullying prevention, identity development, and student empowerment. The curriculum blends dynamic, high-energy delivery with structured instructional design, ensuring that students remain actively engaged, emotionally connected, and developmentally supported throughout the presentation. It integrates published works "*It's Okay to Be Different*" and "*The Girl That Felt Invisible*" along with the short film "*I'm Invisible*", co-written by the presenter, to reinforce key themes of visibility, belonging, and resilience. This curriculum demonstrates the presenter's ability to design and facilitate an interactive, age-appropriate assembly that aligns with public speaking principles, audience analysis, visual communication, and motivational messaging required in COMM 2045.



**“Be You” Youth Assembly Curriculum *Middle & High School Students: High-Energy, Interactive Format***

**Total Program Length:** 45 minutes

## **Learning Objectives**

By the end of this assembly, students will be able to:

- Identify various forms of bullying and understand their emotional impact
- Recognize the experience of feeling “invisible” and why visibility matters
- Demonstrate increased confidence in personal identity and strengths
- Apply simple, positive strategies to support peers
- Understand how individual actions contribute to a more inclusive school culture
- Connect emotionally through integrated media, including the books *“It’s Okay to Be Different”*, *“The Girl That Felt Invisible”*, and the short film *“I’m Invisible”*

### **1. Welcome & Connection (2–3 minutes)**

The presenter opens with high-energy engagement, greeting students and establishing rapport. Students are asked: **“Who here has ever felt invisible before even once?”** Hands raised and verbal responses create an immediate connection and shared experience.

### **2. Understanding Bullying (5 minutes)**

The presenter defines bullying in clear, age-appropriate terms and provides relatable examples from school environments (hallways, group chats, lunchrooms). Students are invited to call out what bullying looks like in their school. Key message: Bullying includes physical actions, verbal harm, exclusion, and silence.

### **3. The “Invisible” Moment (5 minutes)**

The presenter shares a brief personal narrative from the “*Be You*” manuscript describing a moment of feeling unseen. Students close their eyes and reflect on a time they felt ignored or overlooked. Hands raised afterward demonstrate shared emotional experience.

### **3B. Integrated Visual Aid: *I'm Invisible* Short Film Clip (3–5 minutes)**

The curriculum incorporates a selected clip from the short film *I'm Invisible*, co-written by the presenter.

**Purpose:** Deepen emotional engagement and provide a visual representation of invisibility and resilience.

#### **Activity Flow:**

- Presenter introduces the film: “*This short film shows exactly what it feels like when someone feels unseen. I helped write it because this message matters.*”
- Clip is shown
- Students respond to reflection questions:
  - “Which moment in the film stood out to you?”
  - “How many of you have ever felt what that character felt?”

**Integrated Published Works:** Themes from “*It's Okay to Be Different*” and “*The Girl That Felt Invisible*” reinforce identity, belonging, and emotional safety.

### **4. The “Be You” Message (7 minutes)**

The presenter explains the meaning of “Be You” as embracing identity, strengths, and individuality. Students participate in call-and-response affirmations:

- “I matter.”
- “I belong here.”
- “I am enough.”

Volunteers share unique qualities about themselves, reinforcing the message that differences are strengths.

### **5. Standing Up for Others (5 minutes)**

The presenter teaches simple, safe strategies for supporting peers. Students respond to: “**What is one thing you can do tomorrow to help someone feel seen?**” The presenter encourages students to notice peers they don’t usually interact with.

### **6. Closing Challenge & Call to Action (3 minutes)**

Students repeat the final affirmation: “**Be You. Be Brave. Be Kind.**”

The presenter introduces the **Be You Challenge**:

- Say something kind
- Sit with someone new
- Speak up when something feels wrong
- Make one person feel seen

The assembly concludes with high-energy encouragement and a reminder that every student's voice matters.



## **SPEECH OUTLINE**

- Audience engagement question
- Establish shared experience

### **II. Understanding Bullying**

- Definition
- Real-world examples
- Student responses

### **III. The “Invisible” Moment**

- Personal narrative
- Guided reflection
- Hands-raised participation

### **III-B. Visual Aid Integration**

- Introduction of *I'm Invisible*
- Film clip
- Reflection questions
- Connection to published works

### **IV. The “Be You” Message**

- Identity and confidence
- Call-and-response affirmations
- Student volunteers

### **V. Standing Up for Others**

- Practical strategies
- Student responses

### **VI. Closing Challenge**

- Final affirmation
- “Be You Challenge”
- Motivational send-off



## MANUSCRIPT

**Good morning, everyone!** I'm excited to be here with you today. Before we begin, I want to ask something real. **Who has ever felt invisible, even once?** Look around. You're not alone. Every hand you see is someone who has felt exactly what you've felt. And that's why we're here today.

We're talking about bullying, not just the kind you see in movies, but the kind that happens in hallways, group chats, lunchrooms, and even in silence. Bullying isn't always loud. Sometimes it's the quiet moments when someone walks past you like you don't exist. Sometimes it's the joke that goes too far. Sometimes it's being left out on purpose. **Bullying is anything that makes someone feel small, unseen, or unworthy.**

Let me tell you a quick story. There was a time in my life when I felt completely invisible. I walked into school every day feeling like no one saw me, not the real me. And that feeling sticks with you. It makes you question your worth. It makes you wonder if you matter. But here's the truth: **you do. You matter more than you know.**

Close your eyes for a moment. Think about a time when you felt ignored or overlooked. Hold that feeling. Now open your eyes. If you've ever felt that way, raise your hand. Look around again. You are not alone.

Now I want to show you something powerful, something real. This short film was created to show exactly what it feels like to feel unseen. And I helped write it because this message matters. (*Play I'm Invisible* clip)

How many of you felt that? What moment hit you the hardest? That's why we say **BE YOU** because nobody deserves to feel invisible.

Being you means owning your story, your strengths, your quirks, your voice. It means understanding that you don't have to fit in to belong. You already belong because you're here. You already matter because you exist.

Say this with me: **"I matter."** **"I belong here."** **"I am enough."**

Louder. **"I am enough."**

Now let's talk about standing up for others. You don't have to be the loudest person in the room to make a difference. Sometimes it's as simple as sitting with someone new at lunch. Sometimes

it's saying, "Hey, that wasn't cool." Sometimes it's checking on a friend who looks down. **Your voice can change someone's entire day.**

So, here's my challenge: **The Be You Challenge:**

- Say something kind
- Sit with someone new
- Speak up when something feels wrong
- Make one person feel seen

Before we wrap up, say this with me one more time: **"Be You. Be Brave. Be Kind."**

Because when you choose to be yourself fully, boldly, unapologetically, you give everyone around you the courage to do the same.



## Integrated Media & Published Works

### **Short Film: *I'm Invisible***

Co-written by Sharon Kaye Edwards & Professor Seymour Hagans

YouTube Link: <https://www.youtube.com/watch?v=O8y-LAJFuEU>

This short film is integrated into the “Be You” Youth Assembly as a visual aid to deepen emotional engagement and illustrate the lived experience of invisibility. The film reinforces the curriculum’s themes of identity, belonging, and resilience.

### **Published Books Integrated Into the Curriculum**

**It's Okay to Be Different** <https://a.co/d/eFHRUCb>

**The Girl That Felt Invisible** <https://a.co/d/4UE5uL6>

These works support the assembly’s instructional goals by providing relatable narratives that help students understand diversity, self-worth, and emotional safety.