

**Merion Mercy, St. Joes Prep & Devon Prep**  
**2010 SpeakUp!**  
**February 20, 2010**

Drugs & Alcohol

Medicinal Marijuana	Peer Pressure...Social “cool
Stealing from Parents	Why? Where?
Popularity	Gateway drugs (cigarettes)
Media/Movies (The Hangover)	Would ruin future...big time
Swapping medication with friends	(Adderall, painkillers from dentist, etc)
Binge drinking	Hard liquor
Physical/Mental Repercussions	Peer pressure/ the “thing” to do
Legal Repercussions	Addiction
Moderation	Maturity
Physical and Sociological effects of mind altering substances (consequences)	

Sex and Pressure

Sexting	Expectations in relationships
The “Bases”	Peer Pressure (friends and partners...media)
Double Standards	Risks (Pregnancy, STD’s, Reputation)
Nude Pictures	Better Understanding
Comfortable environment	Parents/students = open to each other
Non-judgmental/respectful	Better for future talks at home
More trusting relationship	

You Don’t Know Me

Abolish Stereotypes	Raise awareness of different cultures/situations
Give good examples	Get to know people
R-E-S-P-E-C-T	Don’t judge a book by its cover/Stereotypes
Be open-minded!/Awareness of different cultures	
Everyone has a story/Respecting differences and opinions	
“Go out and Set the World on Fire” –St. Ignatius	
Goal to continue conversation after breakout group p and event	
“the invisible backpack” – no one knows what you carry with you (mentally/emotionally)	

## Self Worth

Media distorts our image of beauty and worth	Leads to...eating disorders/self harm
Parents unaware of the prevalence in teen lives	Ways to approach friends dealing with these issues
How to help friends struggling with self worth	Internet bullying
Depression - can lead to Addiction	Honesty with peer and parents
Stress from Parents/Friends	Stress from School
Medical aspects of depression	Suicide
Parental awareness	Be a good friend
Putting on a "mask"	Truthfulness to self
Acceptance	Self-harm---how far is too far?
Boys vs. girls (the different ways self worth affects them)	
Ways to gain self respect through self and parents and friends	
Recognizing the need for help and working together to find a solution	

## Internet and Media

Facebook/Myspace	Craigs List
Sexting	Nude Pictures
Internet bullying	Inappropriate pictures (drinking pictures)
"The Perfect Image"	Bullying/harassment
Violence in the media (video games, commercials, false advertising)	
Advertising--how it affects the youth and its effects on Relationships	
How to protect your children	