

# SPEAK

## HELPFUL RESOURCES TO ASSIST IN DISCUSSIONS & ESSAYS

Source: npr.org

Created for you by Mrs. Bader

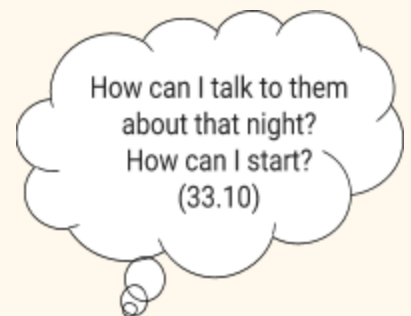
## WHAT IF...

What if “it” happened to you?

To get started, listen to this [INTRODUCTION](#).

For further assistance, visit me or email

[abader@belvideresd.org](mailto:abader@belvideresd.org).



Source: Speak Film Inc.



Clip Art Source: copenclipart.org

[Watch HERE](#)

To learn more about the book and  
its themes,  
check out these valuable  
resources below.

### HELPFUL ONLINE RESEARCH DATABASES

You can access these any time of day, even from home!



#### HOW TO GET ON EBSCO:

Go to [belvideresd.org](http://belvideresd.org)  
Click schools, high school,  
library media center  
Click Library Media Center  
Click EBSCO

USERNAME: belvidere  
PASSWORD: seater



#### HOW TO GET ON JSTOR:

Go to [belvideresd.org](http://belvideresd.org)  
Click schools, high school,  
library media center  
Click Library Media Center  
Click JSTOR

USERNAME: belviderehs  
PASSWORD: scarletandwhite

Or simply click [HERE](#) and take your pick!

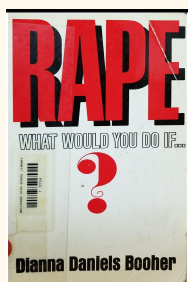
# BOOKS WITH RELATED THEMES

All titles can be found in our library

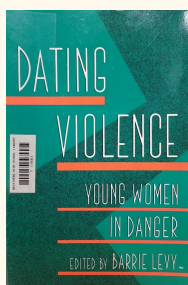
## Rape & Sexual Assault



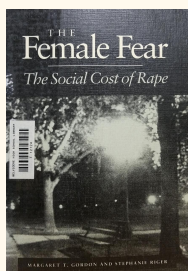
This [book](#) explores the motives behind rape, potential rapists and their characteristics, and the impact of this crime on society. It also discusses ways of protecting oneself from attack, and how to deal with an attack and its aftermath ([Amazon.com](#)).



This [book](#) discusses the myths and facts surrounding acquaintance, or date, rape, of both men and women, the physical and psychological consequences, ways to stay safe, and what to do if sexually assaulted ([Amazon.com](#)).

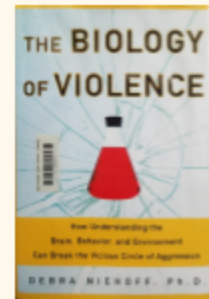
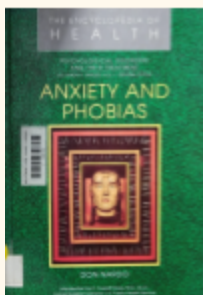
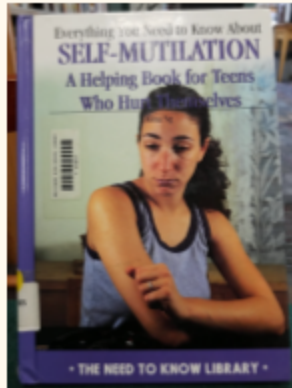


Millions of young people struggle with a problem that has been ignored and overlooked: violence in their dating relationships. This [book](#) brings together professionals, activists, researchers and young people themselves to provide a comprehensive, cross-cultural view of the problem. In first-person accounts of experiencing or witnessing abuse, teens and parents reveal the lethality of the problem and the serious attention it demands. Resources include manuals and videos which address violence in dating relationships ([Amazon.com](#)).



The authors examine the [female fear](#) of rape, probe the myths and realities of rape and society's response, and explore strategies women have developed to protect themselves from its horrifying occurrence ([Amazon.com](#)).

# Depression & Self-Mutilation



[\*Cutting the Pain Away\*](#) examines the causes and treatments of self- mutilation ([Amazon.com](#)).

[\*Anxiety and Phobias\*](#) is a complete overview of the health issues that are of vital concern to the public. It presents up-to-date information on a wide range of topics, from basic anatomy and physiology to ethical and legal issues-- Written chiefly by leading medical and science journalists ([Amazon.com](#)).

[\*Everything You Need to Know About Self-Mutilation\*](#) is a self-help book for teens who hurt themselves. It gives reasons for the acts, its consequences, profiles who the potential victims are, and offers ways to get help.

[\*Depression\*](#) describes the illness, its causes and effects, and places special emphasis on adolescent depression and the role it plays in suicide. It also offers hopeful treatments for the afflicted.

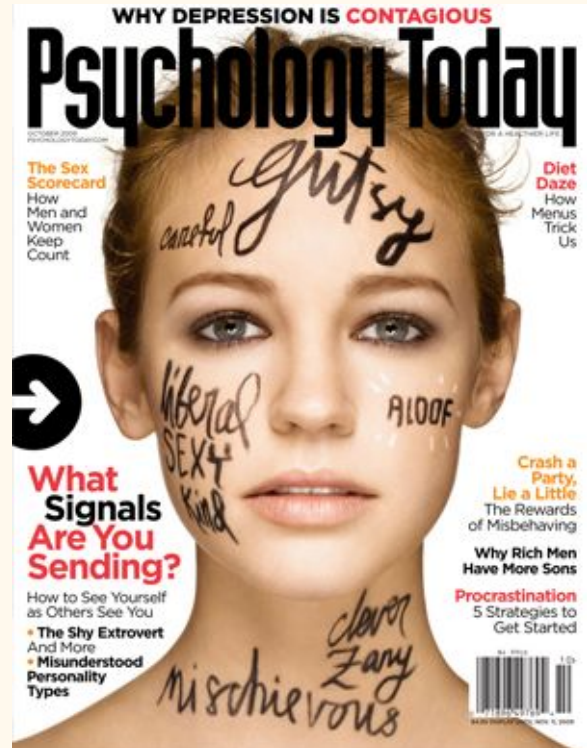
[\*The Biology of Violence\*](#) examines violence from a complete biological perspective. Author Debra Niehoff brings together a wide range of research to show that our ability to control violence effectively has never been greater. The awful consequences of violence for victims and perpetrators are not an outcome we have to accept. The vicious circle can be broken. Creating a caring, safe social environment is almost always the first step in halting the train of aggression ([Amazon.com](#)).

# Related Magazines

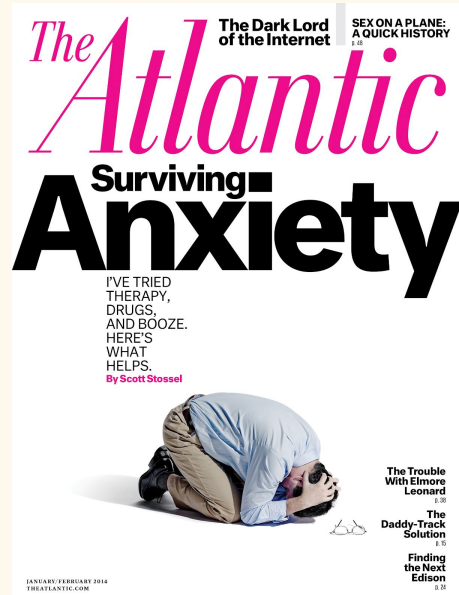
with new monthly or weekly issues



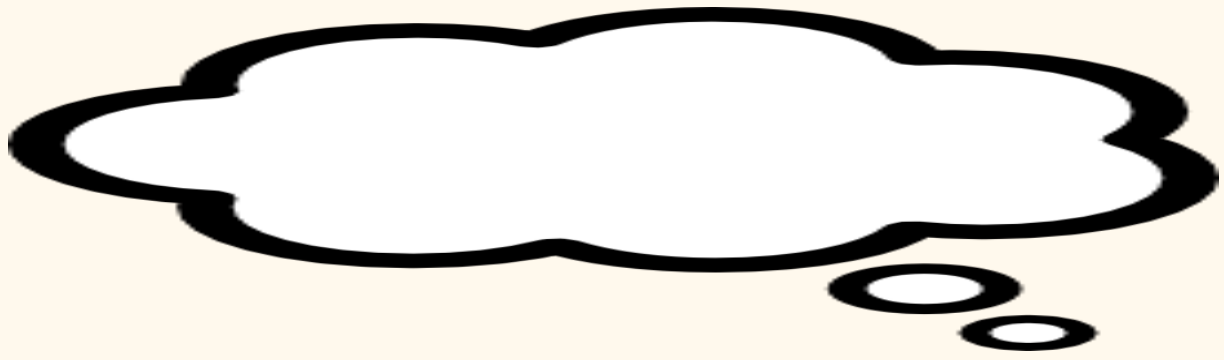
Source: [Seventeen.com](http://Seventeen.com)



Source: [psychologytoday.com](http://psychologytoday.com)



Source: [theatlantic.com](http://theatlantic.com)



## NOTABLE QUOTABLES from *SPEAK*

"I open a paperclip and scratch it across the inside of my left wrist. Pitiful. If a suicide attempt is a cry for help, then what is this. A whimper, a peep? I draw little window cracks of blood, etching line after line until it stops hurting" (87).

"I almost tell them right then and there. Tears flood my eyes. They noticed I've been trying to draw. They noticed. I try to swallow the snowball in my throat" (72).

"I reach in and wrap my fingers around a triangle of glass. I hold it to Andy Evans neck. [...] I push just hard enough to raise one drop of blood. [...] I want to insert the glass all the way through his throat. I want to hear him scream" (20).

"I push my ragged mouth against the mirror. A thousand bleeding, crusted lips push back. What does it feel like to walk in a new skin? I feel like my skin has been burned off...my mother and father who hate each other, Rachel who hates me, a school that gags on me like I'm a hairball..." (125).

# If you like *Speak*, check out these titles:

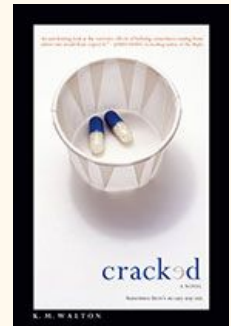


## *By the Time You Read This, I'll Be Dead* by Julie Anne Peters

High school student Daelyn Rice, who's been bullied throughout her school career and has more than once attempted suicide, again makes plans to kill herself, in spite of the persistent attempts of an unusual boy to draw her out. (catalog summary)

## *Cracked* by K.M. Walton

When Bull Mastrick and Victor Konig wind up in the same psychiatric ward at age sixteen, each recalls and relates in group therapy the bullying relationship they have had since kindergarten, but also facts about themselves and their families that reveal they have much in common. (catalog summary)

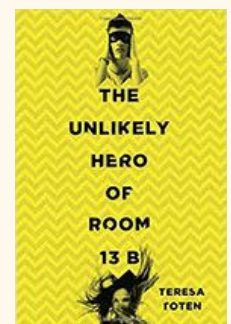


## *Girl in Pieces* by Kathleen Glasgow

As she struggles to recover and survive, seventeen-year-old homeless Charlotte "Charlie" Davis cuts herself to dull the pain of abandonment and abuse. (catalog summary)

## *The Unlikely Hero of Room 13B* by Teresa Toten

When 14-year-old Adam Spencer Ross falls for a girl named Robyn Plummer, who attends his OCD support group, it provides him with an instant inspiration to try to become "normal." Despite medicine and therapy, Adam struggles with compulsive rituals and anxieties, particularly concerning his mother, who is acting strange herself. (*Publisher's Weekly*)



## *The Way I Used to Be* by Amber Smith

Starting high school didn't change who Eden was. But the night her brother's best friend rapes her, Eden's world capsizes. Nothing makes sense anymore, and she knows she's supposed to tell someone what happened but she buries it instead. As she navigates the disappointment and unbearable pains of adolescence and heartbreak, of friendships broken and rebuilt, Eden must learn to embrace a power of survival she never knew she had hidden within her heart. (catalog summary)



## References

- 8finisher8. (2012, January 05). Interview on Speak. Retrieved October 09, 2017, from <https://www.youtube.com/watch?v=MJU7b3C8QMk>
- Anderson, L. H. (2018). *Speak*. S.I.: Farrar, Straus & Giroux.
- Beilock, S. (n.d.). Is Depression Contagious? *Psychology Today*. Retrieved October 08, 2017, from <https://www.psychologytoday.com/blog/choke/201401/is-depression-contagious>
- Bialik, M. (2017, July 11). Mayim Bialik: 5 Things I Wish I Knew About Depression as a Teen. *Seventeen*. Retrieved October 08, 2017, from <http://www.seventeen.com/health/a47431/things-i-wish-i-knew-about-depression-as-a-teen/>
- Booher, D. D. (1991). *Rape: what would you do if--?* Englewood Cliffs, NJ: Julian Messner.
- Glasgow, K. (2016). *Girl in pieces*. New York: Delacorte Press.
- Gordon, M. T., & Riger, S. (1991). *The female fear: the social cost of rape*. Urbana: University of Illinois Press.
- Hales, D. R. (1989). *Depression*. New York: Chelsea House.
- Holmes, A. (2000). *Cutting the pain away: understanding self-mutilation*. Philadelphia, PA: Chelsea House.
- Levy, B. (1998). *Dating violence: young women in danger*. Seattle, WA: Seal Press.
- Nardo, D. (1992). *Anxiety and phobias*. New York: Chelsea House.
- Ng, G. (1998). *Everything you need to know about self-mutilation: a helping book for teens who hurt themselves*. New York: Rosen Pub. Group.
- Niehoff, D. (1999). *The biology of violence: how understanding the brain, behavior, and environment can break the vicious circle of aggression*. Estados Unidos: Free.
- Peters, J. A. (2010). *By the time you read this, I'll be dead*. New York: Hyperion/DBG.
- Smith, A. (2016). *The way I used to be*. New York, Margaret K. McElderry.
- Stossel, S. (2014, Jan. & feb.). Surviving Anxiety. *The Atlantic*. Retrieved October 08, 2017, from [https://www.theatlantic.com/magazine/archive/2014/01/surviving\\_anxiety/355741/](https://www.theatlantic.com/magazine/archive/2014/01/surviving_anxiety/355741/)
- Toten, T. (2015). *The unlikely hero of room 13b*. New York: Delacorte Press.
- Walton, K.M. (2012). *Cracked*. New York: Simon Pulse.
- Winkler, K. (1999). *Date rape: a hot issue*. Berkeley Heights, NJ: Enslow.