

## **NEEDHAM YOUTH SERVICES**

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### **Make A Statement Day – Statement Topic Ideas**

Your statement can be a quote, statistic, motto, proverb, idiom, philosophy, mantra, or something completely original! Be creative, raise awareness, educate others, and have fun!

#### **Advice**

- To know the road ahead, ask those coming back.
- Be content with your lot; one cannot be first in everything. – Aesop
- Never try to teach a pig to sing. It wastes your time and annoys the pig. - Anonymous

#### **Alcohol**

- Teens drink a fifth of all alcohol consumed in the U.S.
- The three leading causes of death for 15- to 24-year-olds are automobile crashes, homicides and suicides - alcohol is a leading factor in all three

#### **Athletics**

- Female high school athletes are: 92% less likely to get involved with drugs, 80% less likely to get pregnant, and 3.3 times more likely to graduate than non-athletes.
- “Sports serve society by providing vivid examples of excellence.” George F. Will
- “I always turn to the sports page first, which records people’s accomplishments. The front page has nothing but man’s failures.” Chief justice Earl Warren
- “Some people think football is a matter of life and death. I don’t like that attitude. I can assure them it is much more serious than that.” Bill Shankly

#### **Civil Rights**

- Rosa Parks is my hero
- Our lives begin to end the day we become silent about things that matter. – Martin Luther King Jr.
- Segregation is the adultery of an illicit intercourse between injustice and immorality. – Martin Luther King Jr.

#### **Creative Arts**

- “Painting is just another way of keeping a diary.” Pablo Picasso
- “Painting is silent poetry, and poetry is painting with the gift of speech.” Simonides
- “Music has charms to soothe the savage beast / To soften rocks, or bend a knotted oak.” William Congreve
- “After silence, that which comes nearest to expressing the inexpressible is music.” Aldous Huxley
- The College Board identifies the arts as one of the six basic academic subject areas students should study in order to succeed in college.
- Students with coursework/experience in music performance and music appreciation scored higher on the SAT: students in music performance scored 57 points higher on the verbal and 41 points higher on the math, and students in music appreciation scored 63 points higher on verbal and 44 points higher on the math, than did students with no arts participation.

## Depression

- In any given year, about seven percent - between 13 million and 14 million people - will experience a depressive disorder and their bodies will be more susceptible to physical illness since depression is also known to weaken the immune system.

## Diversity

- As long as the differences and diversities of mankind exist, democracy must allow for compromise, for accommodation, and for the recognition of differences. – Eugene McCarthy
- We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams. – Jimmy Carter
- If we cannot end now our differences, at least we can help make the world safe for diversity. – John F. Kennedy
- We send missionaries to China so the Chinese can get to heaven, but we won't let them into our country. – Pearl S. Buck

## Domestic Violence

- Nearly 1/3 of American women report being physically or sexually abused by a husband or boyfriend at some point in their lives.
- One in 12 women have been stalked (National Violence Against Women Survey 1997).
- In America, a woman is raped every 2 minutes, according to the U.S. Department of Justice.
- 72 of every 100,000 women are raped in the U.S. each year.
- Less than one third of all rapes are reported to the authorities.
- 1 in 4 women will experience sexual assault in their life time
- In 1 in 3 teenage relationships, the female is being abused physically and/or emotionally.
- A woman is beaten every 9 seconds in the U.S.
- Nearly 1 in 3 adult women experience at least one physical assault by a partner during adulthood

## Drugs

- Drugs have taught an entire generation of American kids the metric system. - P. J. O'Rourke
- By the 8th grade, 52% of adolescents have consumed alcohol, 41% have smoked cigarettes, and 20% have used marijuana

## Eating Disorders

- Research suggests that about one percent (1%) of female adolescents have anorexia. That means that about one out of every one hundred young women between ten and twenty are starving themselves, sometimes to death
- Approximately 5 per cent of women and 1 percent of men have anorexia nervosa, bulimia nervosa, or binge eating disorder.
- Each day Americans spend an average of \$109 million on dieting and diet related products.
- Men suffer from eating disorders too

## Education

- Knowledge is power
- To repeat what others have said, requires education, to challenge it, requires brains
- Support public education

## Environment

- Nature does nothing uselessly. -- Aristotle

## Equality

- Men of quality are not threatened by women of equality

## Family

- Having children makes you no more a parent than having a piano makes you a pianist. ~Michael Levine
- 7 out of 10 teen mothers will never complete high school or move onto any higher education.
- 11% of annual U.S. births are by mothers between the ages of 15 and 19.

## Friendship

- “True friendship is seen through the heart and not the eyes.” Unknown
- “No distance of place or lapse of time can lessen the friendship of those who are thoroughly persuaded of each other’s worth.” Robert Southey
- “Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world.” Eleanor Roosevelt

## Freedom

- I disapprove of what you say, but I will defend to the death your right to say it.

## Fun

- Well-behaved women rarely make history
- Be happy

## Health

- There are 9.8 million cancer survivors in the United States.
- Food is an important part of a balanced diet - Fran Liebowitz
- “The evidence supporting sports participation for young people is overwhelming ... It has the power to combat everything from racism to low self-image, to the high-school drop-out rate.” Sue Castle

## Humor

- Humor is a universal language
- No sense in being pessimistic. It wouldn't work anyway!
- I can only please one person per day, and today is not your day. Tomorrow does not look good either.
- If Barbie is so popular why do you have to buy her friends?
- Why be normal?

## Inspirational

- I live in my own little world. It's okay! They know me here
- Laughter rises out of tragedy, when you need it the most, and rewards you for your courage
- Humor is a universal language.
- Shoot for the moon, even if you miss, you will land among the stars.
- Always remember: You're unique, just like everyone else
- Well-behaved women rarely make history
- The biggest adventure you can ever take is to live the life of your dreams. ~Oprah Winfrey

- Youth are the solution...not the problem
- The manager asks how and when; the leader asks what and why.
- A pessimist only sees the dark side of the clouds, and mopes; a philosopher sees both sides and shrugs; an optimist doesn't see the clouds at all--he's walking on them. – Leonard Levinson

### Love

- Love... It's the best thing that money can't buy.
- Love me when I least deserve it, because that's when I really need it.

### Mental Health

- Health is not simply the absence of sickness - Hannah Green
- Be proud of your body

### Miscellaneous

- Don't speak against the sun
- Where there is no vision, the people perish.
- Kindness brings happiness.
- It's the little thoughts in life that count.
- In the end, we will remember not the words of our enemies, but the silence of our friends. – Martin Luther King Jr.

### Philosophy

- Philosophy is the science which considers truth – Aristotle
- Only the extremely ignorant or the extremely intelligent can resist change. – Socrates
- Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity. Martin Luther King Jr.
- I believe in God, only I spell it Nature. – Frank Lloyd Wright

### Politics

- "After months and months of searching - We've finally caught the guy who had nothing to do with 9-11."
- There are approximately 46 million abortions conducted each year, 20 million of them obtained illegally.
- He is not my president
- Any man who is under 30, and is not a liberal, has not heart; and any man who is over 30, and is not a conservative, has no brains.- Sir Winston Churchill
- Abortion: Pro-choice or Pro-life?
- Injustice anywhere is a threat to justice everywhere. – Martin Luther King Jr.

### Proverbs

- He who is ashamed of asking is ashamed of learning.
- Take all you want, eat all you take
- Trouble shared is trouble halved--joy shared is joy doubled
- Still waters run deep

### Quotations

- No man is rich enough to buy back his past - Oscar Wilde
- Without music, life is a journey through a desert - Pat Conroy
- Life is what happens to you while you're working for your future - Unknown

- Great minds discuss ideas. Average minds discuss events. Small minds discuss people - Eleanor Roosevelt
- Thoughts become Words, Words become Actions, Actions become Character, Character is Everything
- A room without books is a body without a soul. - Cicero
- Nothing great in the world has ever been accomplished without passion. - G. W. F. Hegel
- A lie gets halfway around the world before the truth has a chance to get its pants on. - Winston Churchill
- We will remember not the words of our enemies, but the silence of our friends. - Martin Luther King Jr.
- Don't it always seem to go that you don't know what you got 'til it's gone  
They paved paradise and put up a parking lot - Joni Mitchell

### Religion

- Religions are many and diverse, but reason and goodness are one. – Elbert Hubbard
- In the matter of religion, people eagerly fasten their eyes on the difference between their own creed and yours; whilst the charm of the study is in finding the agreements and identities in all the religions of humanity. – Ralph Waldo Emerson

### Social Causes

- Our children are not born to hate, they are raised to hate. - Thomas della Peruta
- If you can't feed a hundred people, then feed just one. - Mother Teresa
- If a free society cannot help the many who are poor, it cannot save the few who are rich. - John F. Kennedy

### STD's

- Be safe.
- AIDS does not discriminate.
- One out of five of the total female adolescent population is infected with genital herpes.

### Suicide

- Suicide is a permanent solution to a temporary problem.
- Suicide is the third leading cause of death among young people ages 15 to 24. In 2001, 3,971 suicides were reported in this group.
- Each year, almost 5000 young people, ages 14 to 24, kill themselves.
- The highest suicide rates in the U.S. are found in white men over age 85.

### Technology

- 84% of teens ages 13-17 strongly agree than new technology gives them access to information that improves their life.
- 61% of American kids have a TV I their bedroom.
- Most teenagers and young adults in the U.S. prefer surfing the internet or watching TV over reading for recreation.
- Children aged 2-5 average 25 hours per week watching TV.
- 8,000: the number of TV murders the average child will witness before completing elementary school.
- 300: the number of studies demonstrating a link between media violence and violent, aggressive, anti-social behavior in children.
- By age 18, a U.S. youth will have seen 16,000 simulated murders and 200,000 acts of violence.
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### Voting

- Bad officials are elected by good citizens who do not vote. - George Jean Nathan

### War

- There has never been a good war or a bad peace. - Benjamin Franklin
- War creates peace like hate creates love. - David L. Wilson
- Make love not war
- Mankind must put an end to war, or war will put an end to mankind - JFK

### Women's Issues

- There are approximately 126,000 abortions conducted each day.
- 80 % of American women claim to be dissatisfied with their appearance and shape.
- There is no occasion for women to consider themselves subordinate or inferior to men. - Gandhi
- If women want any rights more than they's got, why don't they just take them, and not be talking about it. - Sojourner Truth
- Some leaders are born women
- Girls Rule
- More than one half of teenage girls are, or think they should be, on a diet.
- 75% of women think they are too fat.
- In 1920, women attained the right to vote. It was also the first year of the Miss America Pageant.
- 59% of 12 and 13-year-old girls say that they think they are ugly.
- Barbie's unrealistic figure – 7'2" and 40-22-36 if she were life-sized – would be anatomically impossible in reality.
- 2.5 Barbie dolls are sold every second, with \$1.9 billion dollars in sales annually.

**For more ideas check out this website: <http://www.quotationspage.com/subjects/>**