

# HANDOUT 4 - STOP SPEAK SUPPORT BEAT POEM



The internet, a place to chat, share, create.  
But all too often we slate, hate, discriminate.



Just because it is doesn't mean it has to be,  
A place of bullying or negativity.



We won't like everyone, we don't always agree,  
But we can choose respect and unity.



Stop, take a minute, reflect,  
Make your choice and choose respect.



Speak out, don't let them win,  
Better to talk about it, than keep it in.



Support each other, help and protect,  
Because when I choose, you choose, we choose respect.



#STOPSPREAKSUPPORT



PART OF THE NCB FAMILY



ORGANISER



THE ROYAL FOUNDATION  
of The Duke and Duchess of Cambridge  
and The Duke and Duchess of Sussex

SUPPORTER