

# Stand Up - Speak Out!

Emma Bannister-Palmer

Stand up, speak out, this is what it's all about.  
Stand up, speak out, this is what it's all about.  
Stand up, speak out, this is what it's all about.  
Say no to bullying!

## Verse 1

You have a face and it's quite unique,  
Never okay to be called a freak.  
Everyone is different,  
Everyone is equal.  
Think about the actions that you take,  
Think of the reactions you're about to make.  
We only have one life,  
There is no sequel.

## Chorus

Stand up and be counted,  
Bullying does not make you cool.  
It shows weakness and insecurity,  
It fact it makes you look a fool.  
Stand up and be counted,  
You know you have to do what's right.  
Be a buddy not a bully,  
Enough is enough,  
Stand together,  
Change starts with us.

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## Verse 2

A little bit of kindness in your soul,  
Compassion in your heart will make you whole.  
Think of all the people,  
Who need your friendship.  
Everybody must always play their part,  
Don't offer anger, offer your heart.  
Make a change now,  
You won't regret it.

## Chorus

Stand up and be counted,  
Bullying does not make you cool.  
It shows weakness and insecurity,  
In fact it makes you look a fool.  
Stand up and be counted,  
You know you have to do what's right.  
Be a buddy not a bully,  
Enough is enough,  
Stand together,  
Change starts with us.

Stand up and be counted!

