



Stand Up - Speak Out!

♩ = 140

Music and lyrics by
Emma Bannister-Palmer

Stand up, speak out, this is what it's all ab-out. Stand up, speak out,

this is what it's all ab-out. Stand up, speak out, this is what it's all ab-out.

Say no to bull-y-ing! You have a face and it's

C G⁷ G⁷

quite un-ique, Ne-ver o - kay_ to be called a freak...

Detailed description: This system contains the first three measures of the piece. The vocal line starts with a quarter note on 'quite', followed by a half note on 'un-ique', a quarter note on 'Ne-ver', a quarter note on 'o - kay_', a quarter note on 'to', a quarter note on 'be called', and a half note on 'a freak...'. The piano accompaniment features a steady eighth-note bass line in the left hand and a melody in the right hand that mirrors the vocal line.

C C G

Ev'-ry-one is diff'-rent, Ev'-ry-one is e - qual.

Detailed description: This system contains the next three measures. The vocal line begins with a quarter note on 'Ev'-ry-one', followed by a quarter note on 'is', a quarter note on 'diff'-rent,', a quarter rest, a quarter note on 'Ev'-ry-one', a quarter note on 'is', a quarter note on 'e -', and a half note on 'qual.'. The piano accompaniment continues with the same eighth-note bass line and a right-hand melody that follows the vocal line.

G C C

Thinka-bout the_ ac-tionsthat you take,

Detailed description: This system contains the final three measures. The vocal line starts with a whole rest, followed by a quarter note on 'Thinka-bout', a quarter note on 'the_', a quarter note on 'ac-tionsthat', a quarter note on 'you', and a half note on 'take,'. The piano accompaniment features a steady eighth-note bass line and a right-hand melody that follows the vocal line.

G⁷ G⁷

Think of the re - ac-tions you're a - bout to make...

C C G

We on-ly have one life, There is no se - quel.

G C C

Stand up and be coun- ted, Bull- y - ing

F F G

does not make you cool. It shows weak-ness and in - se -

Detailed description: This system contains the first three measures of the piece. The vocal line (treble clef) has notes G4, A4, B4, C5, D5, E5, F5, G5. The piano accompaniment (grand staff) features a treble clef with notes G4, A4, B4, C5, D5, E5, F5, G5 and a bass clef with chords F, F, and G. Chord symbols are placed above the vocal line.

G C G

-cu - ri - ty, In fact it makes you look a fool.

Detailed description: This system contains the next three measures. The vocal line (treble clef) has notes G4, A4, B4, C5, D5, E5, F5, G5. The piano accompaniment (grand staff) features a treble clef with notes G4, A4, B4, C5, D5, E5, F5, G5 and a bass clef with chords G, C, and G. Chord symbols are placed above the vocal line.

C C F

Stand up and be count-ed, You know you have to do what's right.

Detailed description: This system contains the final three measures. The vocal line (treble clef) has notes G4, A4, B4, C5, D5, E5, F5, G5. The piano accompaniment (grand staff) features a treble clef with notes G4, A4, B4, C5, D5, E5, F5, G5 and a bass clef with chords C, C, and F. Chord symbols are placed above the vocal line.

F G G G

— Be a budd-y not a bull-y, E-nough is e-nough, Stand to-ge-ther, —

Detailed description: This system contains the first four measures of the song. The vocal line is in treble clef with a key signature of one flat (Bb). The lyrics are: "Be a budd-y not a bull-y, E-nough is e-nough, Stand to-ge-ther, —". The piano accompaniment consists of a right hand with a melody of eighth and quarter notes, and a left hand with a bass line of chords and moving notes. Chord symbols F, G, G, and G are placed above the vocal line.

G C C

— Change starts with us.

Detailed description: This system contains the next three measures. The vocal line continues with the lyrics: "Change starts with us." The piano accompaniment continues with the right hand melody and left hand accompaniment. Chord symbols G, C, and C are placed above the vocal line.

C Dm Dm

Detailed description: This system contains the final three measures of the piano accompaniment. The vocal line is silent, indicated by a whole rest in the treble clef. The piano accompaniment continues with the right hand melody and left hand accompaniment. Chord symbols C, Dm, and Dm are placed above the vocal line.

G/D G/D C Dm G

C C C

A litt-le bit of kind - ness in your soul, Com-

G⁷ G⁷ C

-pass-ion in your heart will_ make you whole. Think of all the peo - ple,

C G G

Who need your friend - ship.

C C G⁷

Ev'-ry-bo-dymust al-ways play their part, Don't off-er an-ger,

G⁷ C C

off-eryour heart. Make a change now, You won't re -

G G C

-gret it. Stand up and be

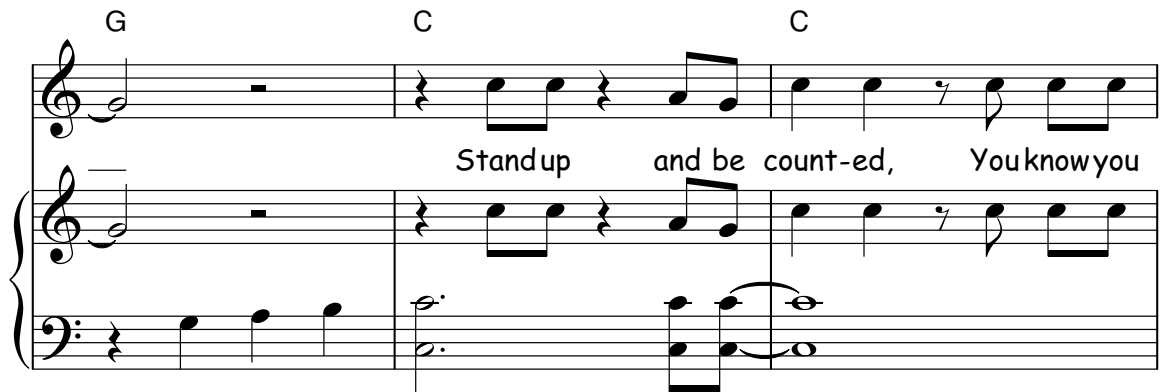
C F F

coun-ted, Bull-y-ing does not make you cool. It shows

G G C

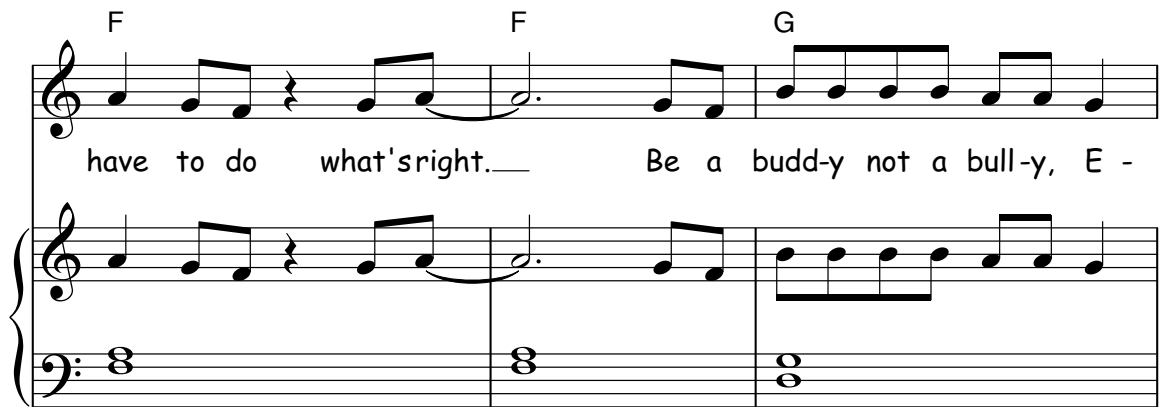
weak-ness and in - se - cu - ri - ty, In fact it makes you look a fool.

G C C



Stand up and be counted, You know you

F F G



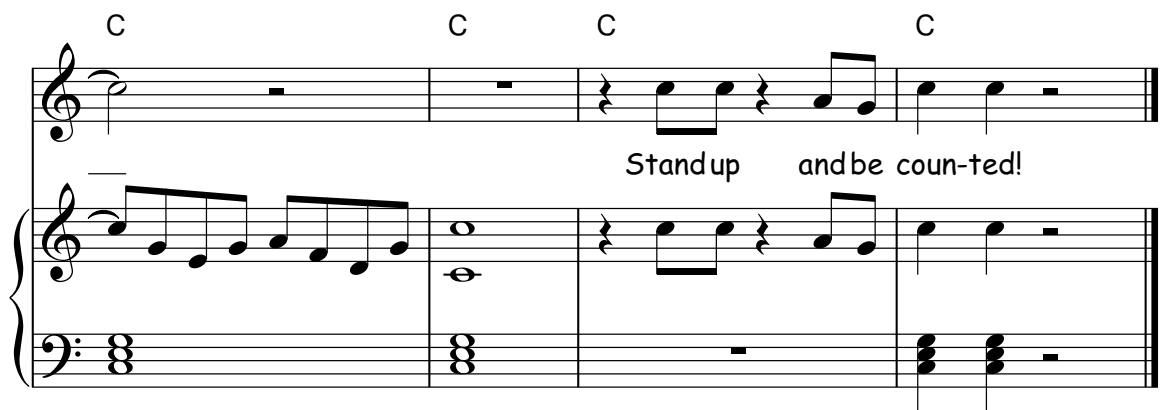
have to do what's right. Be a buddy not a bully, E -

G G F B° C



-nough is enough, Stand together, Change starts with us.

C C C C



Stand up and be counted!