

SILENCE IS NOT AN OPTION

By Stuart Lawrence



Silence is NOT an option; use your voice for change. This book will empower you to navigate your world and help to create a more positive society.

In this book, interspersed with reflections on his brother Stephen's life and murder, Stuart talks about what he has learned from life – the tools that have helped him live positively and kept him moving forwards when times have been tough.

From role models to self-control, failure to imagination, Stuart's aim with this book is to use his own experience to help young people – to help all people – harness the good in themselves and in the world around them, using that fire of positivity to create change in their lives.

Key Selling Points

- Written by the younger brother of Stephen Lawrence, who was murdered in an unprovoked racist attack on 22 April 1993
- Stuart is an educator and motivational speaker
- Stuart's aim is to help young people understand the impact of their actions
- Interspersed with reflections on his brother Stephen, Stuart talks about what he has learned from life
- Features graphic typography throughout

This activity should help you focus in on the great bits about your personality. It should also help you to think about any negative characteristics you might have. As I said previously, characteristics are things you can learn to change. Do you have any negative traits that you'd like to change?

**Everyone is Unique –
Everyone is Valuable**

Sometimes, we meet people who are similar to us. They may like the same music as us, watch the same TV series as us or enjoy the same books as us, so it's easy to become friends. But sometimes, we meet people who are not so like us. They might like different sports or different music, or live in a different kind of home, but that doesn't mean we can't become friends anyway. You might learn something from one another or have positive personality traits that rub off on each other.

Don't be afraid to surround yourself with all kinds of different people. If you struggle with a subject at school, why not spend some time with the kids who love it? Try to find out why they are so passionate about something you find tricky. Let's say you're struggling with maths and just can't get your head around division or times tables, but there's a lad in your class who just gets it, without even trying. Why not reach out and take the first steps to becoming friends with them? By spending time with them,

you might begin to understand why they love maths so much, and you might even begin to enjoy it. They might push you to discover a hidden talent. Perhaps you'll push them to discover one, too.

It's important to celebrate and embrace differences. Being open to speaking with and hanging out with people who might not look like you, speak like you or have the same characteristics as you is so important. Our personalities are always growing and changing.

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Stuart Lawrence is the younger brother of Stephen Lawrence, the young man who, on 22 April 1993, at the age of just 18, was murdered in an unprovoked racist attack. Stuart is an educator and motivational speaker, dedicated to helping to transform the life chances of young people.

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