**Speak & Tell! Video: “Command the Stage with Proper Body Language”**

Whether you’re nervous about public speaking or already comfortable in front of a crowd, *body language* reveals a lot about you and the message you’re sharing. Award-winning broadcaster and public speaker Michelle Wright demonstrates proper body language to ensure your physical actions and facial expressions *emphasize* your message, without distracting the audience.

**LEARN MORE ABOUT EFFECTIVE BODY LANGUAGE AND CREATING A POSITIVE IMPRESSION WITH YOUR GESTURES AND FACIAL EXPRESSIONS**

**Teen Kids News – Do you speak body language?**
Explore this fascinating guide to teen body language, and learn what gestures and facial expressions reveal to others about your mood and personality!

**Clippings.me Team – 10 Types of Speeches Every Speechwriter Should Know**
Learn the features of different types of speeches, so you can focus your message and make an impact on your audience.

**Freedom Forum Institute – Is Your Speech Protected By The First Amendment?**
Did you ever wonder if your school could prevent you from stating a controversial opinion in a newspaper, website, or in a live speech? Learn about students’ First Amendment rights and responsibilities.

**Science of People – Body Language: What It Is & How To Read It**
From gestures to facial expressions to the clothes and accessories you wear, learn what your *body language* is saying to the audience.

**Six minutes: Speaking and Presentation Skills – What to Wear for a Speech**
Your clothing and accessories are part of your body language so consider these tips when you plan *what to wear* for your speech.
**Toastmasters International**
Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills. Check out this awesome collections of public speaking tips, video demonstrations, and a regional map to explore Toastmasters chapters around the world.

**Speak for Success! The Genard Method - Negative Body Language: 7 Deadly Sins of Non-Verbal Communication**
Body language can say more about you than your words! Watch these examples of body language that create *negative impressions* of you when you speak to other people.

**National Public Radio (NPR) – The Best Commencement Speeches, Ever**
Take inspiration from these great speakers and their history-making Commencement speeches. Read the transcripts and even watch videos of some of the speakers in action!

**American Rhetoric – Top 100 Speeches**
Explore this ranking of top speeches in history. Click on the links to watch them and read their transcripts and learn from their techniques!

**Ranker – Famous Short Speeches**
Your speech doesn’t need to be long to be effective. Check out these famous short speeches that made history – and use them as a guide to giving your own concise, yet effective, speeches!

**How To Be A Great Audience Member – The Gluck Fellows Program of the Arts at UC Riverside**
Review this guideline for audience etiquette and consider sharing it with your teachers and classmates to create a welcoming and respectful environment for classroom speeches.

**Write-Out-Loud.com – How To Research A Speech**
In order to inform or persuade people, your speech needs compelling *facts*.

**Authenticating and Verifying information in the age of Fake News**
Learn how to conduct research for your speech and ensure you’re using high-quality, current, and unbiased material.

- **Media Smarts**
- **FaceCheck.org**
- **Common Sense Media**

Got a tip for creating a good impression through body language? We want to hear about it!
LUMINARI is a Pittsburgh-based non-profit organization that develops original programs to broaden minds, inspire innovations and promote community engagement. For more information about Luminari visit www.luminari.org, email luminari@luminari.org or follow us on Facebook, Instagram and Twitter.