

STAND UP AND BE COUNTED

Be part of Australia's first ever stand-up comedy education program in schools.

Proudly supported by

anzuk the education agency



ABOUT THE PROGRAM

'Stand Up And Be Counted' is an education program that has been written and produced by stand-up comedians; Chris and Justin Nelson (The Nelson Twins).

'Who are The Nelson Twins?'

The Nelson Twins are one of the most unique stand-up comedy acts in the world. Their TV credits include Australia's Got Talent, The Footy Show, Last Comic Standing, The Project, Before The Game and a host of television commercials. The duo have recently become the face of the Real Insurance Company's latest TV, internet and print campaign. In addition, The Nelson Twins are one of the most sought after stand-up comedy duos in the world, having performed across Australia, Europe, America and Asia.



Our Teaching Credentials:

Justin and Chris are not only stars of the stage; they are also qualified (secondary) school teachers with a special interest in student development. It was this passion for education which lead them to design an extensive program focusing on the five C's;

- Courage
- Confidence
- Connection
- Creative thinking
- Communication

What will students gain from SUABC?

The 'Stand Up And Be Counted' (SUABC) program offers something that has never been seen in secondary schools before. SUABC is a fun, educational and exciting program that gives students the opportunity to face one of life's greatest fears, speaking in public. Engaging students through humour, The Nelson Twins take the kids on a journey of self-discovery and equip them with the skills to take a risk and get out of their comfort zone.

How does SUABC work?

On the day, students will look at five types of comedy (story telling, one-liner's, impersonation, slap stick and observational humour) as they work towards constructing their own stand-up comedy routines. Through a range of group activities and one-on-one tuition, students are guaranteed to be speaking confidently to an audience of their peers by the end of the session.

Contact Us

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SUABC CONCEPT

THE 5 C'S

Courage

Discovering the courage to be yourself; to try something new, to be resilient, to tell your story, to stand and deliver!

Confidence

The ability to take risks, learn from mistakes and celebrate the small wins! The confidence to believe in yourself and trust yourself with conviction. Self efficacy and self esteem are threaded throughout the program.

Connection

The importance of connecting with others, building new relationships and strengthening existing ones. This program enables each student to connect comedy to their own life story.

Creative Thinking

Comedy relies on an art form of creativity and students are empowered with the PAM process. A sense of Purpose and Autonomy to be creative thinkers. Mastering the skills of stand-up comedy.

Communication

By learning to communicate effectively in an audience forum, students learn different communication strategies to deliver a story.

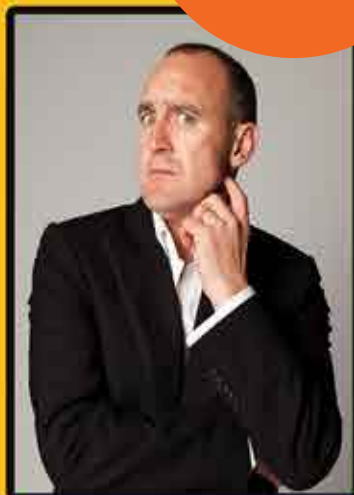
The Stand Up And Be Counted program featured heavily in my Comedy Unlimited proposal to show the judges that we could have a positive impact on over one million Australians within a 3 year period. Thanks Justin and Chris for being part of the Comedy Unlimited vision of helping to reduce societal stress and depression via the use of comedy and laughter.

- Mark McConville,
Comedy Unlimited



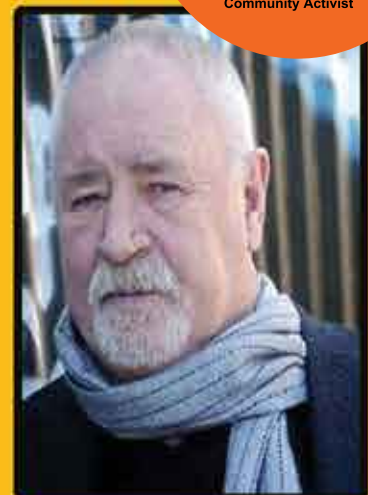
The Nelson Twins are one of two of my favourite acts in Australia.

- Jimeoin



I have worked with The Nelson Twins on a number of occasions and they have always been happy to donate their time. They are very passionate about what they do and always conduct themselves with professionalism and integrity.

- Les Twentyman AO,
Youth Outreach Worker &
Community Activist





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