I Have a Beef! by Roger Dupuy

**Topic choice**
You must pick a topic that reveals something that has gone on or is going on in your life that makes you angry. You need to complain. You need to share what's been bothering you for a while. You need to share "a beef" about something or someone to the rest of your classmates.

**Delivery Method**
The topic and speech delivery date need to be determined and approved by your teacher. This (very important) is done in secret from the rest of the class. Don't tell anyone!

**Steps**
1. Decide on the date of the BEEF.
2. Mark this date down on your calendar.
3. Prepare for your BEEF in secret. Do not tell anyone!
4. On your day of your BEEF, Since the date of the Beef is known only by the teacher and the presenting student, you need to interrupt the lesson, and announce that you have a beef today. In fact, you must say, "I have a Beef!".
5. Deliver your Beef.
6. Part of your grade will check if you effectively 'interrupted' the class. It's ok. Your teacher is expecting this and wants you to interrupt the lesson. Your instructor wants you to really share what really bothers you.