

Speaking up for yourself



Speaking up is a basic human right.
It is sometimes called self-advocacy.



It is important to speak up for yourself
and what you want in your life.



Speaking up involves:

- Talking about your needs and goals
- Knowing your rights
- Making your own choices.



You can speak up about:

- Where you live
- What you do each day
- Who supports you
- How you use your funding.



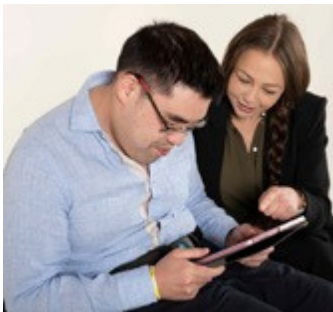
It can be hard to speak up for yourself.

It gets easier the more you do it.



You can speak up by:

- Finding a trusted person and talking to them
- Writing an email, message or letter.



Ask for support if you need help speaking up.

Be clear about your needs.



Keep speaking until you feel heard.

Take the time you need.