

SPEAKING UP IN MY LIFE

When you speak up for yourself and your rights this can be called self-advocacy. Speaking up is important so other people know what you want and need.

There are many different times and places when you might need to speak up. For example, you might need to speak up when you are with your friends, at school or during a meeting.

Use this work sheet to think about where you already feel confident about speaking up and where you want to be able to speak up more.

● AT HOME

For example, when you want to go out with your friends more.

● AT SCHOOL

For example, when you feel left out.



● WITH FAMILY

For example, when you want to help decide where to go on a family holiday.

● IN RELATIONSHIPS

For example, when you don't agree with your friends.

● AT WORK

For example, when you are not sure what to do.



● ON SOCIAL MEDIA

For example, when you want to talk about #disabilitypride

● OTHER TIMES

For example, during a meeting that is about you.

