

WAYS TO SPEAK UP

There are many different ways to speak up and get your voice heard.

There is no right or wrong way to speak up. You can choose a way that you feel comfortable with. Here are some common questions that young people want to know about speaking up. **Think about how you would answer these questions.**



When should I speak up?

Sometimes young people with disability have to speak up when they have been treated unfairly or their needs are not being met. You might need to speak up when you are with your friends, at school or if you are having issues with a service provider. You can speak up on any issues that are important to you.



How can I speak up?

Young people with disability choose to speak up in lots of different ways. These include:

- Speaking at a meeting
- Making a complaint
- Sending an email
- Commenting on social media
- Talking to friends and family
- Joining a committee



Who can help me speak up?

There are many different people who can help you speak up if you would like some support. These includes:

- Friends
- Teachers
- Family
- Co-workers
- Support workers
- Advocates