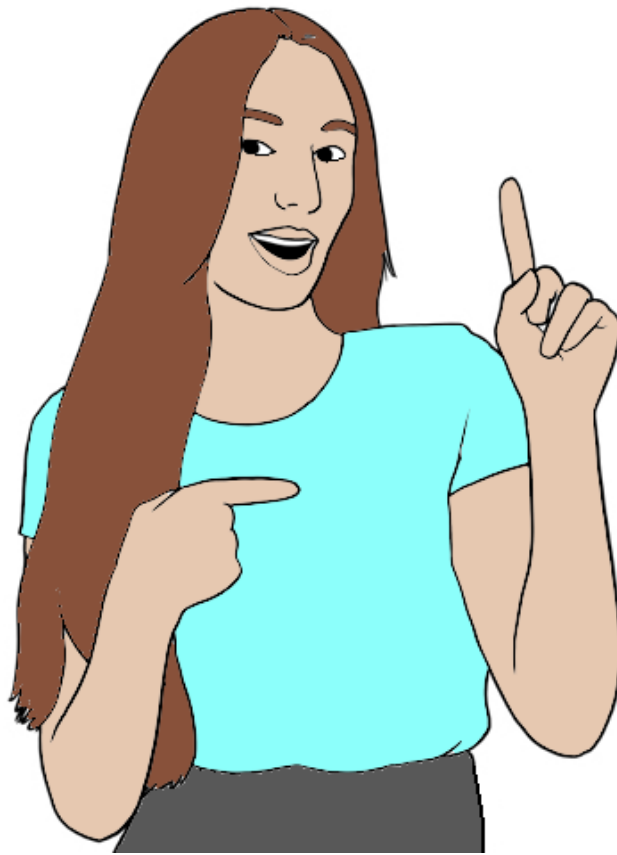
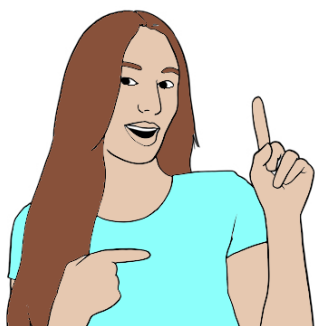




You want to speak up



You want to speak up for yourself.

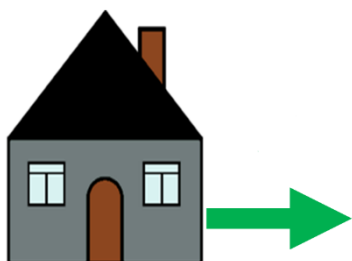
You can tell people

- what you think
- what you need
- what you want.



You may want to speak up about

- your job
- your health
- your NDIS plan.



You want to make your own choices.

Like you may choose to move out of home.

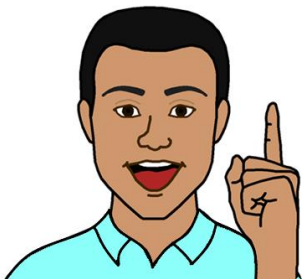


You want people to ask what you think.

You want to know what other people mean.



You may want more time to think.



These are some ideas.

They may help you speak up.



Your rights



You can learn about your rights. Like the right to

- learn
- be safe
- make choices.



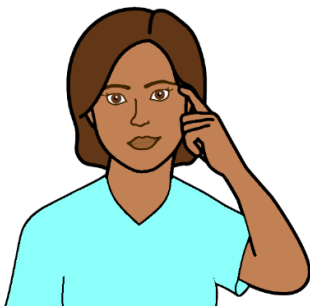
You may like to read websites.

You can learn about rights.



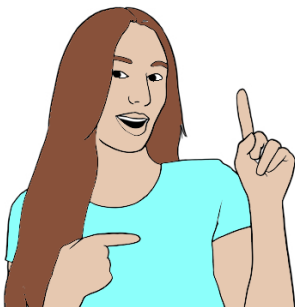
You can ask people about your rights.

Like at a group.



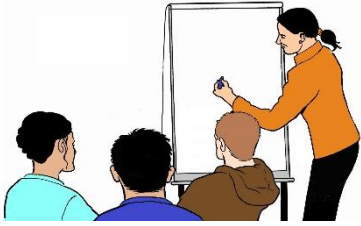
You know your rights. This helps you know

- when things are OK
- when things are **not** OK.



You know your rights.

You can speak up for yourself.



Like you may want to study.



You need help to learn.

You may want a person to write notes for you.

You have the right to this help.



You meet with the teacher.

You can ask for the help you need.



Help to speak up



It can be hard to speak up.

Lots of people find it hard. Other people may

- **not** listen to you
- **not** let you talk.



You may

- feel scared
- **not** know what to say.



You can get help to speak up.

There are people to help you.

They are called advocates.



You can get help from a person you trust.

Like your mum.

Or



You can join a group. They talk about

- your rights
- ways to speak up.

It may be an advocacy group.



Learn how to speak up



You can learn new skills. It helps you know

- what to say
- how to get what you need.



You can learn to speak in a clear way.

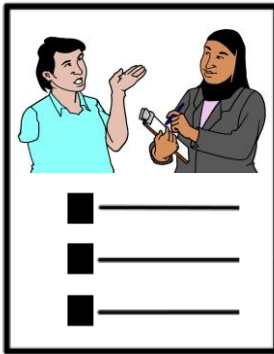
Like you know how to ask for what you need.



You can get ideas to use in your meeting. Like

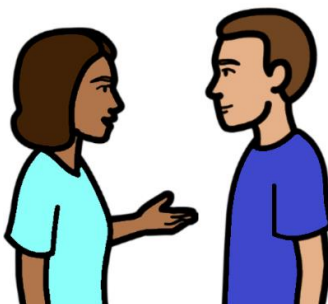
- things you can ask
- papers you must bring.

Like a letter from your doctor.



You may write notes. It helps you know

- who you talk to
- what you said
- what they said.



You can learn from people you know.

You may know a person who speaks up a lot.

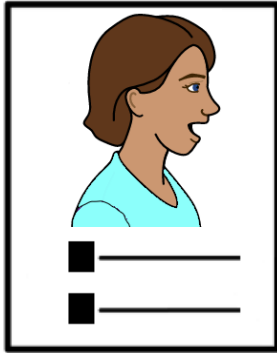
You can ask them for help.

Or



You can go to training.

They teach you how to speak up.



Plan what you will say



You need a plan. Think about

- what you need
- what you want
- who you need to talk to.



You may need help at work.

You plan to talk with your boss.



You think about what you need.

Like you need more time to learn.

You want help to learn the steps.



You plan how to ask for help. Think about

what you will say. You can write notes.

Keep the notes with you.

It helps you know what to say.



You can say it to a friend.

You do this lots of times.

It helps you feel good about what you will say.



You can say things in your **own** way. You may

- use sign language
- point to pictures
- have a device. It talks for you.

This is OK.



Plan how you will talk to people. Like you

- write a letter
- send an email
- draw a picture.



You may like to meet face to face.

You can bring a person with you.

Like a friend.



It can be hard to speak up.



You may feel

- tired
- angry
- sad.

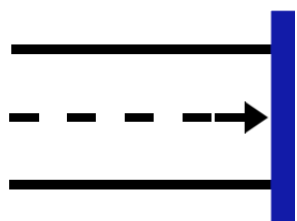


Look after yourself. You may need to rest.



You may like to

- talk to a person you trust
- do some thing you like. Like go for a walk.



This is the end of the fact sheet.



Images

We can use images from

- CHANGE changepeople.org
- Picto-Selector
- The Noun Project
- Tobii-Dynavox.



This fact sheet is based on Self Advocacy.

How to have your voice heard. Developed by

Aruma Human Rights Team. June 2024.



Access Easy English wrote the Easy English.

August 2024.