



# Tips to speak up 1

## Why do I need to speak up?



Here are some tips about why you should speak up.

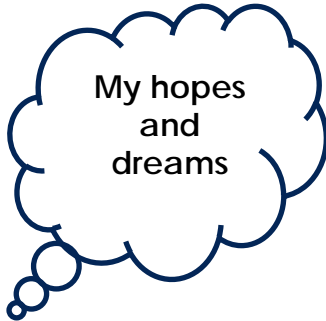


Speaking up is about saying what you want to happen in your life.



Speaking up is about saying what you want to be different.

When you speak up:



- you can say what you hope will happen



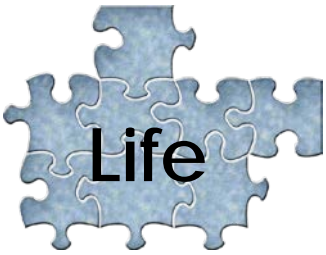
- you can say what you want to happen now



- you can make plans



- you have more control of what happens.



You can speak up about all parts of your life.

You can speak up about:



- travel



- learning



- your job.

You can speak up about:



- the people you do things with



- where you live



- what you do each day



- your health.

You can speak up about:



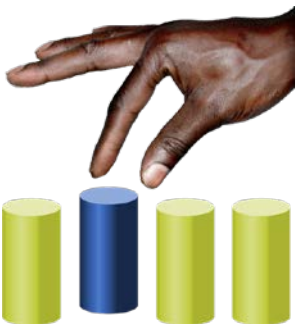
- things you need like equipment



- who supports you



- how you use funding



- anything.

I want  
to say



It can be hard to speak up.

But you need to speak up if you want to say what happens in your life.



Speaking up gets easier the more you do it.

## Contact details



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