

### Activity 4.1: How to decide what you want to speak up about

Think of a problem you have that you would like to speak up about and then answer these questions.

<p><b>What is the problem?</b></p> <ul style="list-style-type: none"> <li>- What is it that I don't like?</li> <li>- What makes me angry, upset or sad?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>How do I feel when the problem happens?</b></p> <ul style="list-style-type: none"> <li>- Do I get angry?</li> <li>- Do I get upset?</li> <li>- Do I get sad?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Why do I feel like that when the problem happens?</b></p> <ul style="list-style-type: none"> <li>- Are my rights being protected?</li> <li>- Is it unfair?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Who is causing the problem?</b></p> <ul style="list-style-type: none"> <li>- Is it me?</li> <li>- Is it somebody else?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>When does the problem happen the most?</b></p> <ul style="list-style-type: none"> <li>- Does it happen when I am alone?</li> <li>- Does it happen when other people are around?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Where does the problem happen most?</b></p> <ul style="list-style-type: none"> <li>- Does it happen in one place?</li> <li>- Does it happen in a lot of places?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/>