

Activity 4.2: Who can help?

It is good to know all the people you can speak to about your problem and all the people who can give you more information that might help you.

Write a list of people you trust and feel comfortable talking to. You might like to talk to them and ask if they would be able to be your support person while you are speaking up for yourself.

The people I feel comfortable speaking to about my thoughts and feelings are:

1.
2.
3.
4.
5.

Then you need to think about who you are going to speak up to and who could give you information that might help you. Think about the problem you decided to speak up about and list all the people you think could help.

Who is the person (or people) I need to speak-up to about my feelings?	
Who has information about this problem?	
Who could give me information about my rights?	
Who could give me information about my responsibilities?	