

### Activity 5.1: What do I need to know?

After you have decided what the problem is, how you would like things to change, and who to go to for help and information, you need to decide what information you need.

<p><b>What are my rights in this situation?</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Are there rights to protect me in this situation?</li> <li><input type="checkbox"/> Are my rights being protected?</li> </ul>	<hr/> <hr/> <hr/> <hr/>
<p><b>What are my responsibilities in this situation?</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> What do I need to do to make sure my rights are protected?</li> <li><input type="checkbox"/> What do I need to do to make the situation better for me?</li> </ul>	<hr/> <hr/> <hr/> <hr/>
<p><b>Do I need any documentation to support what I am saying?</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do I need identification papers? <input type="checkbox"/> Do I need medical papers?</li> <li><input type="checkbox"/> Do I need immigration papers?</li> <li><input type="checkbox"/> Is there any other documentation that I may need?</li> </ul>	<hr/> <hr/> <hr/> <hr/>
<p><b>Are there any policies or procedures that relate to this situation?</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Is there an existing complaints procedure where I will be speaking up for myself? What is it?</li> </ul>	<hr/> <hr/> <hr/> <hr/>
<p><b>Do other people have the same or similar problems?</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Who are they?</li> <li><input type="checkbox"/> Are they willing to speak up about the problem together?</li> </ul>	<hr/> <hr/> <hr/> <hr/>

When you have decided what information you need to speak up for yourself, you can think of questions you need to ask the people on your list from Activity 4.2 on page 20. You might like to take notes while you are asking the questions.