

## SEEKING HELP

# Reasons to speak up

There are three great reasons why we should speak up when we are not ok.

- For ourselves
- For others
- For everyone

## OBSERVATION

Write down a list of possible motivations that will help you reach out to someone and have a conversation about how you feel.

Circle the ones that feel most important to you.

What's in it for me?	
What's in it for others?	
What's in it for everyone?	