

Being Myself at Work or in Education

You deserve respect in work and education. You can choose how much personal information you share and what support feels appropriate.

Where do I feel comfortable being myself?

Where do I feel I need to mask or hide?

What makes an environment feel inclusive to me?

Are there situations that create anxiety or discomfort?

What practical support or adjustment could help?

Who could I approach if I needed support?

What boundary would help protect my wellbeing?

One change that could help me feel safer is...