

LOCAL ISSUE

SELF-ADVOCACY

Being in a healthy relationship isn't just about having fun; it also means knowing what to do if you feel uncomfortable or face conflict.

There are steps you can take if you find yourself in a conflict with someone you care about.

- Say something positive
- Be appreciative and show gratitude
- Begin with an "I" statement not "you"
- Don't focus on the negative and complain

It's important to be assertive and advocate for yourself by setting boundaries in all your relationships. Also, you should have someone you can go to for help and advice.



Sustainable Development Goal 3

Ensure healthy lives and promote well-being for all at all ages.

Self-advocacy helps with decision making, getting along with friends, and doing well in school.

Asking questions, setting boundaries, and practicing what to say and do are good strategies for engaging in self-advocacy.

Communication is the key to healthy relationships.

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Discussion Questions

- 1 If your group of friends is picking on someone, what would you say to them or how might your actions change?
- 2 How does using self-advocacy help develop greater self-confidence and self-esteem?
- 3 If you are feeling uncomfortable, what is the best way to let someone know?

Go Deeper

Check out more info in the Let's Promote Respect campaign at

<https://educationplus.org/initiatives>

Take Action

If you or someone you know is experiencing abuse, reach out to one of these hotlines:

United States: National Domestic Violence Hotline: 1.800.799.SAFE (7233)

Childhelp National Child Abuse Hotline
1-800-422-4453

Canada:
Kids Help Phone:
1-800-668-6868

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