

LOCAL ISSUE

SELF-ADVOCACY

Self-advocacy is important for maintaining healthy relationships. It involves expressing yourself honestly and respectfully while setting boundaries, asserting your rights, and seeking help when needed.

Think about what makes you feel happy, comfortable, and valued in your relationships. Before asking for something, ensure you have a clear idea of what you want. It is essential to voice your needs in a relationship. Writing down what you want to say and practicing it out loud—including practicing how to say no—can be helpful.

Self-advocacy helps us learn to make decisions and choices that shape how we live our lives.



Sustainable Development Goal 3

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

41% of women feel they do not practice self-advocacy enough or at all.

According to author Tanita Allen, "When groups of people who are self-advocates come together and work toward a unified cause, it enables them to achieve change on a level that wouldn't be possible on their own."

Communication is the key to healthy relationships.

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Discussion Questions

- 1 In what situations is it important to stand up for your needs and use self-advocacy skills?
- 2 How does practicing self-advocacy help build greater self-confidence and self-esteem?
- 3 What is the best way to let someone know that you feel uncomfortable or that you don't think being in a relationship with them is a good idea?

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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