

ADVOCACY THAT WORKS FOR ME

Person-centred advocacy puts young people first. It means listening to them and working together to meet their individual needs and preferences. Advocates help young people to share what works for them.

MY VOICE MY CHOICE

Advocacy should help young people make their own decisions. Advocates work together with young people, letting them take the lead as much as possible. The goal is for young people to share their priorities, make informed choices for themselves and decide their next steps.



HELPING ME BE HEARD

Advocates play a key role in helping young people speak up, so they feel listened to and understood. Advocates help turn thoughts and feelings into clear messages. The goal is to give young people the support and skills they need to speak up for themselves when possible.



ADVOCACY 'GOOD PRACTICE' FRAMEWORK

INFORMATION TAILORED FOR ME

Resources should be easy for young people to understand and access. This means presenting information clearly using formats that are interesting and reliable for young people. Well-designed resources empower young people to speak for themselves in the future.



SOMEONE WHO HAS MY BACK

Building trusting relationships with young people makes advocacy work. Taking time to understand a young person and their life without judging them builds that relationship. The goal is to create a partnership where young people feel that someone has their back.

This poster was designed as part of a project called 'Understanding how advocacy services support care-experienced young people to participate in decision-making'. The project was led by Sarah Fitz-Simons from CASCADE, Cardiff University, and funded by the What Works Centre for Children's Social Care. It was designed and illustrated by Frank Duffy frankduffy.co.uk

ADVOCACY THAT WORKS FOR ME

Person-centred advocacy puts young people first. It means listening to them and working together to meet their individual needs and preferences. **Advocates help young people to share what works for them.** They make sure the environment is easy to access and flexible. They also encourage open communication while providing advocacy services.



KEY MESSAGES

- The advocate asks me about my needs and preferences, such as how I want to communicate and when I want to talk. They respect my choices.
- The service makes sure I can get advocacy help no matter what my situation is.
- The service creates a friendly, safe, and inclusive environment.
- Advocacy matches my needs and priorities. The advocates listen to what I want.
- Meetings happen where I feel comfortable – at home, school, by video chat or anywhere I like.
- I can stay in touch between meetings by phone, text, WhatsApp, or email.
- The advocate follows up with me if I want them to.
- My information is kept private unless there is a good reason to share it, which they will explain to me.

MY VOICE MY CHOICE

Advocacy should help young people make their own decisions. Advocates should use clear language and be open-minded when explaining options. Advocates work together with young people, letting them take the lead as much as possible. The goal is for young people to share their priorities, make informed choices for themselves and decide their next steps.

KEY MESSAGES

- The advocate explains all options clearly and simply so I understand and make decisions myself.
- The advocate encourages me to share my opinions, priorities, and concerns without judging me.
- My opinions, needs and wants help guide the choices and next steps.
- If a decision is different from what I want, the advocate checks that I understand why and what it means for me.
- The advocate asks me what role I want in meetings and respects my choice.
- If I want to lead meetings, the advocate helps me to prepare.
- The advocate provides options and advice, but I decide the next steps.
- The advocate gives me the knowledge and resources to carry out my decisions on my own.

