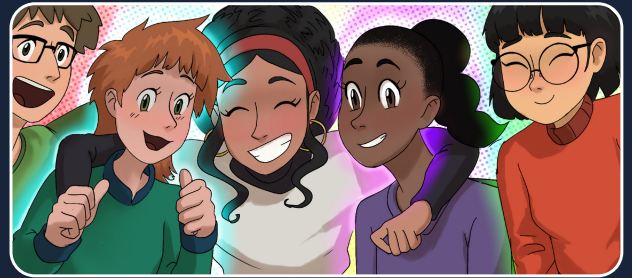


GOOD ADVOCACY: WHAT YOUNG PEOPLE SAID MATTERS



An advocate should help you understand your options, say what matters to you and take part in decisions about your life.

WHAT GOOD ADVOCACY SHOULD LOOK AND FEEL LIKE

1 IT SHOULD WORK FOR ME

Support should fit you. You should be able to choose where, when and how you meet or keep in touch.

2 MY VOICE, MY CHOICE

You decide how involved you want to be. Your advocate should explain your options, listen and respect your decisions.

3 HELP ME BE HEARD

Your advocate can help you prepare, find the words, speak for yourself, or speak for you when you want them to.

4 INFORMATION I CAN USE

Information should be clear, relevant and in a format that works for you - without confusing words or too much detail.

5 SOMEONE WHO HAS MY BACK

A good advocate takes time to know you, does not judge, is honest and reliable, and follows through on what they promise.



GOOD ADVOCACY CAN HELP YOU FEEL...

LISTENED TO

MORE CONFIDENT

INFORMED

INVOLVED IN DECISIONS

If something does not feel right, you can say so. You can ask what your advocate's role is, what stays private and what will happen next.