

# ACTIVISM

YLAT

## DON'T...

- 1 **Don't** feel like you're bothering people
- 2 **Don't** think it's too late
- 3 **Don't** name-call, swear, or use sarcastic or harmful language

- 4 **Don't** think you have to do this all by yourself
- 5 **Don't** pre-judge others
- 6 **Don't** give up!

Advocating can help your voice be heard and create change!

## DO...

- 1 **Do** ask for help when you need or want it
- 2 **Do** know you have control over what you choose to share
- 3 **Do** be clear about what happened, what you need, and how you feel
- 4 **Do** be straightforward and truthful
- 5 **Do** brainstorm different solutions and back-up plans
- 6 **Do** be ready to negotiate and answer questions

