



Speaking Up - What is Advocacy?

Advocacy is when you speak up for yourself about things that are important to you. Someone can help you speak up for yourself or speak up for you.

Advocacy helps you to take control of your own life, to get more independence and to get what you want. It might help you to find a nicer place to live or stop someone bullying you.



If you speak up for yourself you are often called a **self advocate**. Someone who helps you to speak up is called an **advocate**. Sometimes a friend or a member of your family can be your advocate.

People sometimes speak up together in groups.



These groups are often called **speaking up** or **self advocacy groups**.

Devon People First can help with all these different kinds of advocacy.