

# HOW DO YOU ADVOCATE FOR YOURSELF AND YOUR NEEDS?

This infographic was created by Arianna Hopkins of the 2024 IDA-GA Teen Board.



## COMMUNICATE

"State your message clearly and simply. Tell the person exactly what it is that you need and why you need it" (University of Waterloo). Being direct and clear isn't a bad thing. It ensures the other person clearly understands what you're saying, which helps to avoid confusion. By communicating, you are letting them know how they can help.



## DON'T BE AFRAID

It is completely normal to feel a mixture of fear and anxiety when advocating for yourself. Know that it is okay to ask for help. If needed, take a moment to organize your thoughts, take some centering breaths, or talk about your feelings with trusted friends and family.

## KNOW WHAT YOU NEED IS VALID

Your needs are completely individual to you, so acknowledge what you need. It is okay to ask for help and support. There is nothing wrong with asking for something that can help you flourish.

## TIPS FOR ASKING FOR HELP

- Use an respectful tone of voice when asking for your needs.
- Explain thoroughly why you need something and how its going to help you.
- Talk about your struggles honesty and openly; allow them to know what your going through.

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