



## How to speak up for yourself

Why do I need to speak up for myself?

It's important to speak up for yourself so you can tell people if you want something to change in your life



When you are in care you have a special set of rights called the **Charter of Rights**. It includes the rights to:



Feel safe, respected and cared for, wherever you live



Get help when you want or need it

Have a say in decisions that affect you



Make a complaint if you feel your rights are not being respected



If you feel unhappy, you need to speak up to try and fix the problem

It is normal to feel nervous, but you have the **RIGHT** to be listened to! When you speak up, then your carers can help you.





## Tips to help you speak up



### Who do I talk to?

- your carers
- your case worker
- an adult you trust

### When can I speak up?

- Whenever you need to!
- At your annual review
- Fill in the Viewpoint survey



### What do I say?

Tell your carer or case worker what you want to change and why you want it to change...

What is the problem?



How is it making you feel?

What do you want to change?

What do you want the adults in your life to do to help you?

**TIP: Try not to get angry and yell when asking for something to change**



Just because you ask for something to change, it might not happen if the adults in your life don't think it is safe. **If you ever need help, call us on 1800 275 664**