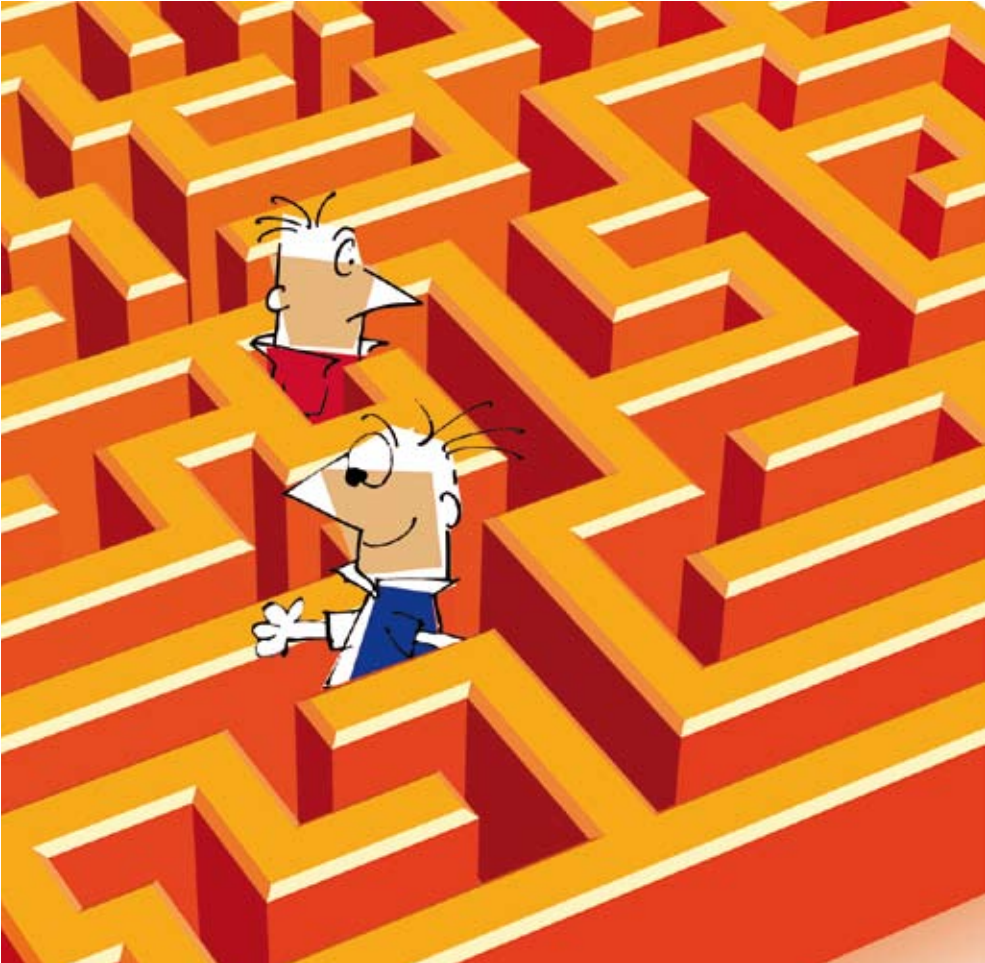




# Advocacy

for young people....



## What is advocacy ?

Advocacy is helping you speak up for yourself and stand up for your rights. An advocate helps your views or wishes be heard by:

- Making sure that people listen to you
- Exploring choices and options
- Standing up for you if things are not right or need to change

## Advocates Do

- Listen to you
- Get to know you
- Express your views
- Promote your rights

## Advocates Don't

- Tell you what to do
- Decide things for you
- Share your information unless someone is at risk

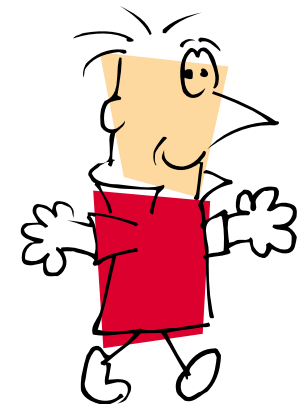
## When might you need an advocate?

- When you have problems in your life eg at school, home, in the community
- When no-one is listening
- When you feel there's no-one on your side

## What can we do?

- Attend meetings with you
- Spend some time with you to get to know you
- Write letters or make phone calls for you
- Find out information for you
- Look at choices with you

If you think an advocate can help you, please contact the person whose name is on the back of this leaflet.



## Partners in Advocacy

Partners in Advocacy provides advocacy in Edinburgh, Midlothian, East Lothian, Dundee, Glasgow and East Renfrewshire. Advocacy may be long-term citizen advocacy, short-term issue-based advocacy, or self-advocacy groups. Some advocacy is for adults who use learning disability services and some is for children and young people with additional support needs and mental health problems. For details of which kinds of advocacy are available in your area, contact one of the numbers below.

Some of our advocates are paid and some are volunteers.

We welcome volunteers to become involved in our work, as advocates or supporting us in other ways.



*.....Advocacy is free and confidential.....*



Please call