



October 1st, 2024

Dear Valued Community Member,

As we welcome October, the Riverside Medical Clinic Charitable Foundation is excited to invite you to join us in celebrating Bullying Prevention Month with our campaign, "**Raise Your Voice and Change Your Story**".

Our campaign, "**Raise Your Voice and Change Your Story**", emphasizes that advocating for ourselves and others does not have to lead to conflict; instead, it can lead to a more supportive and understanding community. Even if you, your child, or loved one are not directly affected by bullying, it's important to remember that bullying behaviors impact us all. By addressing bullying, we can build a safer, more inclusive environment for everyone.

To support your advocacy efforts, we are providing you with a variety of resources and activities to help you be an everyday advocate in your home, school, and community. These include:

- **Advocacy Calendars**
- **A 10-Step Advocacy Plan Template**
- **A Club Bylaws Template**
- **An Advocacy Letter Template**
- **A Petition Template**
- **Advocacy Classroom Activities**
- **An Advocacy/Persuasive Argument Writing Prompt**
- **Additional Supplemental Materials**

We believe that true advocacy is rooted in empathy, kindness, resilience, patience, and community. By celebrating and acknowledging Bullying Prevention Month, we reinforce the values that help us stand strong against negativity and create a nurturing environment for everyone. Together, we can build a community where every individual feels safe, valued, and empowered.

Join us in making this Bullying Prevention Month a powerful testament to the strength and unity of our community. Let's work together to create a future where kindness prevails and every voice matters.

With kindness,

Riverside Medical Clinic Charitable Foundation

10-Step Advocacy Plan

Advocating for yourself and others can seem like a difficult task to undertake, but if you have a plan of action, it can be easier to tackle. Having an advocacy plan will help to keep you focused, organized, and effective.

Outlined below is an advocacy plan template that you can use for any issue you wish to bring attention to or advocate for!

- 1. Identify the Cause**
 - Clearly define the issue or cause you are passionate about. Research and gather information to fully understand the problem and its impact.
- 2. Set Clear Goals**
 - Establish specific, measurable, achievable, relevant, and time-bound (SMART) goals. Determine what you want to accomplish and by when.
- 3. Build Knowledge and Resources**
 - Educate yourself on the issue. Read articles, attend workshops, and connect with experts. Gather resources such as data, statistics, and personal stories to support your cause.
- 4. Form a Support Network**
 - Connect with like-minded individuals, groups, and organizations. Build a team of supporters who share your passion and can help amplify your voice.
- 5. Create an Action Plan**
 - Develop a step-by-step plan outlining the actions needed to achieve your goals. Assign tasks, set deadlines, and identify the resources required for each step.
- 6. Raise Awareness**
 - Use various platforms to spread the word about your cause. Utilize social media, local media outlets, community events, and educational materials to inform and engage the public.
- 7. Advocate Effectively**
 - Learn and practice effective communication skills. Craft clear and compelling messages, use storytelling to make your case personal, and be prepared to answer questions and address concerns.
- 8. Engage With Decision-Makers**
 - Identify key stakeholders and decision-makers who have the power to effect change. Schedule meetings, write letters, and participate in public forums to present your case and advocate for your goals.
- 9. Monitor and Evaluate Your Progress**
 - Keep track of your advocacy efforts and measure their impact. Regularly review your action plan, celebrate successes, and identify areas for improvement.
- 10. Stay Committed and Adaptable**
 - Advocacy is an ongoing process that requires persistence. Stay committed to your cause, be adaptable to changing circumstances, and continue to build support and momentum for lasting change.

Following this template can make championing for change more effective, ultimately leading to the creation of meaningful change in your community! Remember that effective advocacy is not mean-spirited or hurtful; instead it is kind, empathetic, and respectful!

ADVOCACY ACTION PLAN

Using the 10-Step Advocacy Plan Template as a guide, fill out the boxes below. This will help you to better visualize and conceptualize your plan!

What is the cause, issue, or concern I want to advocate for or change?

Where can I go to find more information and learn more about the issue/cause?

Write down one sentence that helps you to communicate your desired outcome.

Write down one SMART goal that will help you effect the change you wish to see.

List the steps you are going to take to meet your goal.

Who can help you in reaching your goal? (Teachers, Friends, Family, Community Leaders, Elected Officials, etc.)

How do you plan on raising awareness for your chosen cause or issue?

List the ways you plan to monitor your progress. (Funds raised, Community Engagement, Club Members.etc.)

List 3 ways how you plan to advocate for your cause or issue? (Letters, Petitions, Starting a Club, Fundraising, etc.)

SELF-ADVOCACY CHECKLIST

Use this checklist as a way to measure that you are communicating your wants and needs in an effective and appropriate manner. In order to become an effective advocate for others, you must first ensure that you can be an effective advocate for yourself!

- Identify your specific want or need. Identify why this want or need is important to you.
- Practice clearly expressing your want or need out loud to yourself.
- Use “I” statements when expressing your wants and needs. (I need..., I want..., I feel...)
- Avoid aggressive and passive communication styles.
- Actively listen to individuals when they engage in conversation with you.
- Summarize or repeat back what you heard to ensure understanding.
- Be open to hearing and understanding the other person’s perspective.
- Identify common goals or interests and brainstorm possible solutions together.
- Be willing to make reasonable compromises to reach a mutually beneficial outcome.
- Research and utilize resources available at school, in the community, or online.
- Don’t hesitate to ask for help when you need it.
- Acknowledge and celebrate your efforts and successes in self-advocacy.

Advocacy In Action

“Advocacy in Action” will guide you through real-life scenarios, from speaking up in class to setting boundaries at work—ensuring you know how to be an effective advocate for yourself and others. Through group discussions, role-playing, and personal reflection, you’ll learn practical strategies for standing up against injustices, supporting friends, and creating positive change in your community. Discover the power of everyday advocacy and commit to making a difference in your daily life. **Activity can be facilitated at home, school, work, clubs, and other community-based settings!**

Objective: To help individuals recognize and practice advocacy in everyday situations and to understand the impact of their actions on themselves and others.

Materials Needed:

Scenario Cards
Blank Index Cards or Paper
Pens, Pencils, or Markers
Notepad, Whiteboard, or Flip Chart

Instructions:

1. Introduction

- Begin with a brief discussion on what advocacy means and why it’s important in daily life. Highlight examples such as standing up for oneself, supporting a friend, or addressing issues at work or school.
- Explain the activity’s objective: to identify and practice advocacy in various everyday scenarios.

2. Groups

- Divide participants into small groups of 3-4 people.

3. Scenario Distribution

- Hand out scenario cards to each group. Each card should describe a different everyday situation where advocacy could play a role. Examples include:
 - A student feels left out of a group project.
 - An employee is not feeling heard or valued at work.
 - A friend is being teased about their appearance at school.
 - A community member feels a local city ordinance/law is unjust.
 - A family member makes an insensitive comment at a family gathering.

4. Group Discussion/Role-Play

- Ask each group to discuss their scenario and brainstorm ways to advocate effectively in that situation. Encourage groups to consider different forms of advocacy, such as direct communication, seeking help from others, or using social media.
- After discussing, have each group role-play their scenario, demonstrating their advocacy approach.

5. Share & Reflect

- Have each group present their scenario and advocacy strategy to the larger group.
- Use the flip chart, notepad, or whiteboard to list key advocacy actions identified during the presentations.
- Encourage participants to reflect on how they felt during the role-playing and what they learned about advocating in everyday situations.

6. Individual Reflection

- Give each participant a blank index card or piece of paper. Ask them to write down one everyday situation where they can be an advocate in their own life. It could be something they’ve experienced or anticipate encountering.
- On the other side of the card, have them write down specific actions they can take to advocate effectively in that situation.

7. Sharing & Commitment

- Invite volunteers to share their situations and planned advocacy actions with the group.
- Conclude the activity by encouraging participants to commit to at least one advocacy action they wrote down and to support each other in their advocacy efforts.

8. Closing Discussion

- Facilitate a closing discussion on the importance of everyday advocacy and how small actions can lead to significant changes.
- Emphasize that everyone has the power to be an advocate and make a difference in their community, school, or workplace.

Club Bylaws Template

Creating bylaws for school clubs is essential for establishing clear guidelines and expectations– ensuring smooth operations and promoting fairness and transparency. Bylaws help define the club’s purpose, membership criteria, leadership roles, and decision-making processes. Establishing clubs and crafting their bylaws is a powerful form of advocacy, as it empowers students to champion causes they care about, organize collective actions, and create lasting positive change in their school community. By participating in or forming clubs with well-defined bylaws, students practice advocacy by amplifying their voices, standing up for their beliefs, and working together to make a difference.

The following template can be used when drafting a set of club bylaws. Please make sure to customize the template to fit your needs.

Article I. Club Name

Voices Against Bullying, hereafter referred to as the club.

Article II. Mission/Club Purpose

- 1. To advocate for the targets of bullying behavior.*
- 2. To help students understand the short-term and long-term consequences of bullying.*
- 3. To encourage all students to become upstanders in the Kindness High School community.*
- 4. To provide all students with a safe-space to report any bullying incidences they have witnessed or experienced.*
- 5. To provide resources to all students affected by bullying behaviors.*

Article III. Membership

- 1. Membership is open to all students currently enrolled at Kindness High School.*
- 2. Membership is open to all staff and faculty currently employed at Kindness High School.*
- 3. Club must have a minimum of eight (8) student members- four (4) active members and four (4) officers.*

Article IV. Officer Positions

- 1. The officers of the club shall be President, Vice President, Secretary, and Treasurer.*
 - a. Other officer or leadership positions may be established or deleted by a majority vote of club members.*
- 2. Only currently enrolled students at Kindness High School may run for officer positions.*
- 3. Officers will be elected to a one year term via an election at the beginning of each school year.*
- 4. Officers cannot miss more than one (1) club meeting per quarter.*

Article V. Officer Responsibilities

- 1. President - principal officer and is responsible for leading the club in meetings and activities in accordance with guidance established by the Kindness High School administrators and these bylaws.*
- 2. Vice President - shall assist the president in club management, shall preside over club meetings in the absence of the president, and shall perform other duties assigned by the president.*
- 3. Secretary - shall keep minutes of club meetings, maintain club membership records, and shall perform other duties assigned by the president. The secretary shall maintain an attendance roster for the club records.*
- 4. Treasurer - shall maintain all of the financial holdings of the club including maintaining a current balance sheet. The treasurer shall make a financial report to the club on a semi-annual basis or whenever the faculty sponsor or president deems necessary. The treasurer shall make a financial report to the club before the election of a new treasurer or in the event the treasurer leaves office before regular elections.*

Article VI. Officer Elections

- Elections are to take place within the first month of the new school year.*
- A majority (51%) is needed for an officer to be elected.*
- Each active club member is allowed no more than one vote for any election.*
- Officers may only serve 2 terms.*
- Whenever a club elects or appoints a new officer or leadership position, the results must be documented in the club minutes of that month.*

Club Bylaws Template

Article VII. Executive Committee

- *The executive committee will be composed of all club officers and sponsor(s).*
- *The executive committee will meet as required to make club decisions that do not need a majority vote of all club members.*
 - *Meetings will be called as needed or as requested by president.*
- *This committee may recommend the creation of other committees. The additional committees will be created by vote of the club*

Article VIII. Faculty Sponsor

- *There must be a faculty sponsor(s).*
- *Faculty sponsor(s) must be present for all club meetings, club events, and club fundraisers.*
- *Faculty sponsor(s) will be responsible for supervising elections and maintaining order within the club.*

Article IX. Voting

1. *Each active club member is allowed no more than one vote.*
2. *All proposed changes (amendments) to these bylaws must be approved by a majority of the club.*

Article X. General Fund

1. *The club will provide an annual budget designated for start up costs, equipment, activities, events, student travel, guest speakers, and certifications.*
2. *Club must raise enough funds for all members to participate in events including any event that occurs during the school day.*
3. *This fund will be managed by the club and placed into the club's school account.*
4. *Generally, donations to an outside charity or nonprofit organization is not an allowable use of club funds. Contact club advisor for further guidance as the district Board of Education must approve all nonprofit affiliate charities that will be beneficiaries of club fundraising.*

Article XI. Meetings

1. *Meetings will be held on the first Friday of every month. Meeting locations and times are subject to change by a consensus of the club's officers.*
2. *Club must meet on the days set forth except in the event of another school or club event. All club meetings must be held on campus.*
3. *Minutes and attendance will be taken during all meetings.*
4. *Minutes will be submitted to school administration at the end of the school year.*
5. *Two-thirds of the membership must be present at 51% of all meetings.*

Article XII. Activities

1. *Club may not participate in activities on behalf of the school or the district that pose risk to the safety of students (i.e. mountain biking, martial arts, skiing, snowboarding, horseback riding, etc.).*
2. *Fundraisers - proceeds from fundraisers will be deposited into the club's school account via school's business office.*

Article XIII. Code of Ethics

1. *All members will be responsible for their actions and respect others' work and property.*
2. *Members shall abide by the student code of conduct published by Kindness High School.*
3. *The club shall operate under current school policy.*
4. *Two violations of any of the club bylaws will result in the termination of club membership.*

Article XIV. Changes to Bylaws

1. *Articles in this set of bylaws may be deleted or modified as deemed necessary by a majority of the club.*
2. *Changes to the bylaws will be done as amendments*
 - a. *A majority vote is required to make any changes to the club's bylaws.*

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE CLUB BYLAWS:

Member Name (print)

Member Signature

Date

Advocacy Letter Template

Advocacy letters are powerful tools for promoting bullying prevention initiatives and other causes you are passionate about. These letters allow individuals to communicate directly with decision-makers, share personal stories, and highlight the importance of specific issues. By clearly outlining the impact of bullying and proposing actionable solutions, advocacy letters can influence policies, garner support, and drive positive change. Whether advocating for safer schools, inclusive programs, or community support, writing advocacy letters empowers you to make your voice heard and contribute to meaningful, lasting change in your community.

Below is a template you can use to assist you in drafting your own advocacy letter. Just remember that advocacy letters have more power when they are personalized with your story and the needs of your community!

[Your Name]
[Your Address]
[City, State, ZIP Code]
[Email Address]
[Phone Number]
[Date]

[Recipient's Name]
[Recipient's Title]
[Recipient's Organization/Office]
[Recipient's Address]
[City, State, ZIP Code]

Dear [Recipient's Name],

Subject: [Brief Description of the Issue or Cause]

I hope this letter finds you well. My name is [Your Name], and I am writing to you as a concerned community member regarding [specific issue or cause]. I believe this matter is of great importance and warrants your attention and action.

Background and Importance:

Provide a brief overview of the issue, including relevant facts, statistics, and personal anecdotes if applicable. Explain why this issue is important to you and the broader community.

Impact:

Detail the impact of the issue on the community, including any personal experiences or observations. Highlight how addressing this issue could positively affect individuals and the community as a whole.

Proposed Solutions:

Offer clear and actionable solutions or suggestions to address the issue. Be specific about what actions you are requesting from the recipient. For example, you might ask for policy changes, increased funding, or community programs.

Call to Action:

Politely urge the recipient to take action. Explain how their support or intervention can make a difference and help resolve the issue. Encourage them to consider your proposed solutions and offer any additional support you are willing to provide.

Conclusion:

Thank the recipient for their time and consideration. Reiterate the importance of the issue and your hope for a positive resolution. Provide your contact information and express your willingness to discuss the matter further if needed.



Advocacy Petition

Petitions serve as powerful tools for advocating for change and promoting safer, more inclusive environments. By gathering signatures, petitions demonstrate widespread community support for initiatives, influencing school administrators, policymakers, and community leaders to take meaningful action. Whether advocating for comprehensive anti-bullying policies, increased funding for prevention programs, or awareness campaigns, petitions help mobilize communities, raise awareness, and drive significant progress. Signing or initiating a petition is a direct and impactful way to contribute to creating a kinder, more supportive environment for everyone.

Below is a sample petition that can be utilized to advocate for your cause!

Title: Support Enhanced Bullying Prevention Measures in Riverside Schools

Description:

As concerned members of the Riverside community, we believe every student deserves a safe, supportive, and inclusive school environment. Bullying remains a significant issue that affects students' well-being, academic performance, and overall quality of life. To address this pressing concern, we are calling for enhanced bullying prevention measures in our local schools. By implementing comprehensive anti-bullying policies, increasing funding for prevention programs, and promoting awareness through educational campaigns, we can create a safer and more nurturing environment for all students.

Objectives:

1. Comprehensive Anti-Bullying Policies: Ensure all schools have clear, enforceable policies that address bullying in all forms, including cyberbullying.
2. Increased Funding for Prevention Programs: Allocate resources to support effective bullying prevention programs, including training for teachers and staff, counseling services, and student workshops.
3. Awareness and Education Campaigns: Promote awareness about the impact of bullying through educational campaigns, workshops, and community events.
4. Support Systems for Victims: Establish robust support systems for students affected by bullying, including counseling services and peer support groups.
5. Community Involvement: Encourage collaboration between schools, parents, and community organizations to create a united front against bullying.

Call To Action:

We, the undersigned, urge the Riverside Unified School District and local government officials to take immediate action to enhance bullying prevention measures in our schools. By signing this petition, we express our commitment to fostering a safe and inclusive environment for all students and stand in solidarity against bullying.

Signatures:

Name	Address	Email	Signature

Instructions for Signing:

1. Fill in your name, address, and email.
2. Add your signature.
3. Share the petition with friends, family, and community members to gather more support.
4. Submit completed petitions to [Your Contact Information] or drop them off at [Designated Location].

Together, we can make a difference and create a safer, more inclusive environment for all students in Riverside. Thank you for your support!

Advocating for Change: The Role of Social Media in Modern Activism

This writing activity is designed to help your students develop their persuasive writing skills while exploring the powerful role of social media in modern activism. Students will work through the process of crafting a compelling advocacy essay—equipping them with the tools to create an engaging hook, a strong thesis, relevant supporting arguments, and a memorable conclusion.

The accompanying worksheet is a step-by-step guide that encourages critical thinking, effective communication, and the ability to address counterarguments. By the end of this activity, students will not only have a well-constructed essay but also a deeper understanding of how they can use their voices to advocate for change in today's digital age.

Prompt:

In today's digital age, social media platforms have become powerful tools for advocacy and activism. From organizing global movements to raising awareness about important issues, people are using social media to make their voices heard and drive change. Write a persuasive essay discussing the role of social media in modern activism. Consider the following questions as you formulate your argument:

- How has social media empowered people to advocate for change?
- What are some successful examples of social media-driven activism?
- What are the potential downsides or challenges of using social media for advocacy?
- How can students effectively use social media to support causes they care about while ensuring their efforts are impactful and respectful?

Use specific examples and evidence to support your points. Your essay should aim to persuade your peers of the significance and potential of social media in advocating for change, while also addressing any concerns or criticisms.

Guidelines:

1. **Introduction:** Start with an engaging hook and introduce the main argument.
2. **Body Paragraphs:** Develop your argument with clear, well-supported points. Include at least one paragraph addressing counterarguments and refuting them.
3. **Conclusion:** Summarize your key points and reinforce your main argument, leaving your readers with a strong impression of the importance of social media in advocacy.

By the end of your essay, your goal is to convince your audience of the power and responsibility that comes with using social media for activism in today's world.

Persuasive Advocacy Essay Development Worksheet

Part 1: Crafting an Engaging Hook

Tips for an Engaging Hook:

- **Ask a Question:** Pose a thought-provoking question to draw your reader in.
- **Start with a Quote:** Use a powerful quote related to your topic.
- **Use a Statistic:** Begin with a surprising or compelling statistic.
- **Tell a Short Story:** Share a brief, relevant anecdote.

Activity:

Write three potential hooks for your essay topic, “The Role of Social Media in Modern Activism”:

1. _____
2. _____
3. _____

Choose the hook you find most engaging and explain why:

Part 2: Developing a Strong Thesis

Tips for a Strong Thesis:

- **Be Clear and Concise:** Clearly state your main argument.
- **Take a Stand:** Make sure your thesis takes a definitive position.
- **Preview Your Points:** Briefly mention the main points you will cover in your essay.

Activity:

Write your thesis statement:

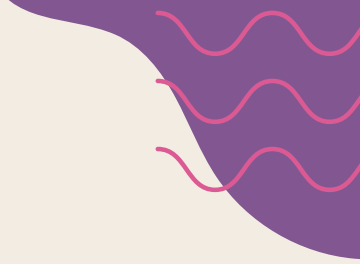
Review your thesis:

- Is it clear and concise? (Yes/No)
- Does it take a stand? (Yes/No)
- Does it preview your main points? (Yes/No)

Part 3: Gathering Relevant Support

Tips for Relevant Support:

- **Use Credible Sources:** Make sure your evidence is from reliable and reputable sources.
- **Provide Examples:** Use specific examples to illustrate your points.
- **Address Counterarguments:** Anticipate and refute opposing views.



Advocating for Change: The Role of Social Media in Modern Activism

Activity:

List three main points that support your thesis and provide evidence for each:

1. Point 1:

- Evidence: _____
- Example: _____

2. Point 2:

- Evidence: _____
- Example: _____

3. Point 3:

- Evidence: _____
- Example: _____

Identify a counterargument and your rebuttal:

- **Counterargument:**

- **Rebuttal:**

Part 4: Writing a Strong Conclusion

Tips for a Strong Conclusion:

- **Restate Your Thesis:** Summarize your main argument without repeating it word-for-word.
- **Summarize Key Points:** Briefly remind your reader of your main points.
- **End with Impact:** Leave your reader with a strong final impression, such as a call to action or a powerful quote.

Activity:

Write a draft of your conclusion:

Review your conclusion:

- Does it restate your thesis? (Yes/No)
- Does it summarize key points? (Yes/No)
- Does it end with impact? (Yes/No)



**NATIONAL
BULLYING PREVENTION MONTH**

Advocacy

Calendar • October 2024

Choosing to be kind to others and yourself can make the biggest difference. During the month of October, National Bullying Prevention Month, join us in spreading kindness to combat the effect that bullying has on our lives.

SUN	MON	TUE	WED	THU	FRI	SAT
6 Start an advocacy club	7 Write an op-ed in your local newspaper	1 Attend a school board meeting	2 Research topics that are important to you	3 Speak up in class	4 Ask your teacher for help on an assignment or project	5 Start an advocacy podcast
13 Use social media responsibly	14 Volunteer for a cause you are passionate about	8 Start an advocacy social media campaign	9 Create an advocacy poster	10 Attend a community meeting	11 Support a friend	12 Set boundaries for yourself
20 Support ethical brands	21 Lead by example	15 Be a mentor to an individual	16 Promote inclusivity within your community	17 Write a letter to decision makers	18 Speak out against injustices	19 Be an active listener
27 Attend school meetings (ex: PTA, school club)	28 Create a list of your strengths	22 Share your needs and wants with others	23 Share resources with others in your community	24 Engage in open communication	25 Listen to other's opinions without judgment	26 Celebrate diversity in your community
		29 Advocate for safe spaces in your community	30 Champion for the sustainable use of resources	31 Organize a fundraiser for a cause you support		

Grades 7-12th
FREE Kindness Resources
Available at
RMCCHARITY.ORG

Advocacy Bingo

Join the Advocacy Bingo Challenge and discover fun and impactful ways to be an everyday advocate! This engaging game encourages students, parents, and community members to complete various advocacy tasks from our Advocacy Calendar. Whether at school, home, work, or in the community, you will take on challenges that promote kindness, inclusivity, and positive change. Complete a row, column, or diagonal to win and make a difference in the lives of those around you! Let's make every day an opportunity for change!

Ask a question during class or during a meeting	Determine and write down what your strengths are	Volunteer for a cause you are passionate about	Share your needs and wants with others	Research topics that are important to you
Champion for the sustainable use of resources	Create an advocacy poster	Attend a school board meeting	Write an op-ed in your local newspaper	Promote inclusivity within your community
Organize a fundraiser for a cause you support	Share resources with others in your community	FREE SPACE	Create an advocacy poster	Start an advocacy social media campaign
Attend school meetings (ex: PTA, school club)	Listen and consider other perspectives without judgment	Organize a fundraiser for a cause you support	Promote inclusivity within your community	Set boundaries for yourself
Write a letter to decision makers	Use social media responsibly	Support a friend	Support ethical brands	Engage in open communication

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Share your needs and wants with others	Volunteer for a cause you are passionate about	Attend a community meeting	Create a list of your strengths	Support a friend
Start an advocacy podcast	Create an advocacy poster	Write an op-ed in your local newspaper	Advocate for safe spaces in your community	Lead by example
Organize a fundraiser for a cause you support	Start an advocacy social media campaign	FREE SPACE	Attend school meetings (ex: PTA, school club)	Celebrate diversity in your community
Promote inclusivity within your community	Be a mentor to an individual	Listen to other's opinions without judgment	Ask your teacher for help on an assignment or project	Speak out against injustices
Write a letter to decision makers	Start an advocacy club	Set boundaries for yourself	Share resources with others in your community	Be an active listener

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Write an op-ed in your local newspaper	Volunteer for a cause you are passionate about	Engage in open communication	Set boundaries for yourself	Research topics that are important to you
Champion for the sustainable use of resources	Create an advocacy poster	Lead by example	Be an active listener	Support a friend
Organize a fundraiser for a cause you support	Create a list of your strengths	FREE SPACE	Start an advocacy podcast	Support ethical brands
Attend school meetings (ex: PTA, school club)	Be a mentor to an individual	Start an advocacy social media campaign	Advocate for safe spaces in your community	Speak out against injustices
Write a letter to decision makers	Start an advocacy club	Speak up in class	Promote inclusivity within your community	Attend a community meeting