

# RAISE YOUR VOICE



Advocate for yourself and others  
by setting boundaries and  
standing up for what you believe  
in. Empower your voice and lead  
with compassion.

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**CHANGE  
YOUR STORY**

@RMCCHARITY

# RAISE YOUR VOICE



Take a stand today! Whether you're in school or at home, your voice matters. Speak up when you see something wrong and make a positive difference in your community.

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Speak up for someone in need today! Whether it's a friend or a stranger, your voice can make all the difference. Stand against bullying and for kindness.

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It starts with one conversation.  
Talk to a friend or classmate  
about what advocacy means and  
how you can support each other.  
Together, we can change the  
narrative.

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Become a changemaker! Get involved in a local project, volunteer at a community event, or start a kindness club at school. Your actions will inspire others to follow.

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Challenge yourself to be an advocate this week! Complete simple acts of advocacy, from standing up for a friend to sharing your story. Small actions lead to big change!

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Ready to be an everyday advocate? Start by showing kindness and respect to everyone around you. Your actions inspire others to do the same! Let's raise our voices **TOGETHER!** Share this post with your friends and family and join us in creating a future free from bullying. Every voice counts!

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