

RIVERSIDE MEDICAL CLINIC  
CHARITABLE FOUNDATION

01

# RAISE YOUR VOICE & CHANGE YOUR STORY!





@RMCCHARITY








**Raising your voice** means standing up for what's right, whether it's for yourself or someone else. **Changing your story** means taking control of your narrative—no one should feel powerless or unheard.





When you **raise your voice**, you're not just speaking out—you're leading the way for others to do the same. **Changing your story** means turning challenges into opportunities for growth and empowerment.



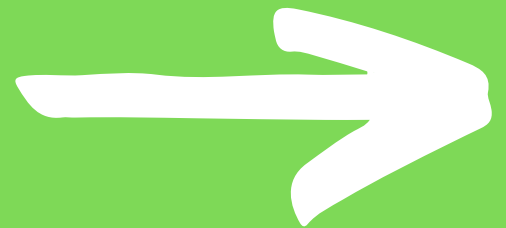
**Raising your voice** is about more than just speaking up—it's about advocating for the changes you want to see in your life and in the world. **Changing your story** starts with believing that your voice can make a difference.





To **raise your voice** is to take a stand against what's wrong. To **change your story** is to refuse to let bullying define you or your community. ***This Bullying Prevention Month, discover how your voice can help rewrite the narrative.***



# HOW TO ADVOCATE FOR YOUR PERSONAL BOUNDARIES



@RMCCHARITY





**Advocating** for your personal boundaries is about **communicating** your needs with confidence and respect. Remember: **It's okay to say no and still be kind.** Protecting your space helps you stay true to yourself.





**Boundaries aren't barriers**—they're bridges to healthier relationships. Be clear about what you're comfortable with and listen to others as well. **Advocacy starts with understanding and respect for everyone's limits.**





You **deserve** to feel safe and respected in every space. Speak up for your boundaries calmly and assertively. **Whether it's at school, home, or work, healthy advocacy is key to building trust and mutual respect.**



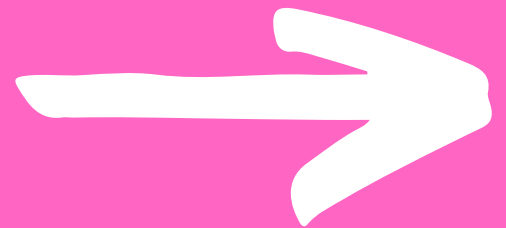


**Advocating for your boundaries isn't selfish—it's self-care.** Learn to recognize your emotional and physical limits, and don't be afraid to express them. **When you advocate for yourself, you teach others how to respect you.**

RIVERSIDE MEDICAL CLINIC  
CHARITABLE FOUNDATION

01

# HOW TO BE AN EVERYDAY ADVOCATE



@RMCCHARITY








Being an everyday advocate starts with **small actions**. Whether it's standing up for a friend, reporting bullying, or speaking out against injustice, **your voice can make a huge difference.**




**Advocacy can happen anywhere**—at home, in school, or in your neighborhood. Start by showing kindness, listening to others, and leading by example. **When we stand up for what's right, we build stronger, more connected communities.**




**Want to be an everyday advocate?** Start by practicing empathy! Understand others' perspectives and **speak up when something feels wrong. Change begins with one voice—yours!**





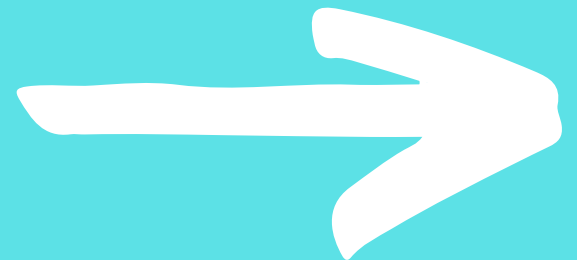
Everyday advocacy means **taking a stand for fairness and inclusion**, whether it's in your classroom or your community. Help someone who's feeling left out, spread positivity, or volunteer for a cause. **Every small action adds up to big change!**



RIVERSIDE MEDICAL CLINIC  
CHARITABLE FOUNDATION

01

# HOW TO ADVOCATE FOR POSTIVIE CHANGE



@RMCCHARITY









**The first step in advocating for positive change** is to listen and understand the experiences of others.

**Empathy** allows you to see the world through someone else's eyes, helping you advocate with compassion and purpose.




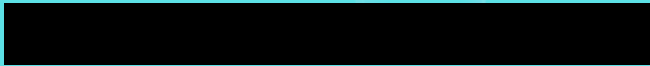
**To be an effective advocate,** you need to be informed. Research the issues you care about, learn from experts, and gather the facts.

**Knowledge** is your greatest tool in making a meaningful impact.



**Speak up for what's right!**  
Whether it's in your school,  
workplace, or community,  
**use your voice** to  
challenge injustice and  
advocate for change.  
Remember, your words  
can inspire others to take  
action.





**Advocacy is more than just words**—it's about taking steps toward change. Volunteer, organize, or simply help a friend in need. **When we act together, we can make a lasting difference.**

