

Tips For Being An Effective Advocate!

Be Informed

Educate yourself about the issues you care about. Understand the facts, statistics, and key arguments related to your cause.



Communicate Clearly

Express your ideas and concerns clearly and concisely. Use simple language to ensure your message is easily understood.



Be Respectful

Approach discussions with respect and kindness, even when you disagree. Respectful dialogue fosters constructive conversations.



Build Relationships

Connect with others who share your passion. Building a network of like-minded individuals and organizations amplifies your voice and strengthens your efforts.



Take Action

Don't just talk about change—take concrete steps to make it happen. Organize events, start campaigns, or volunteer for causes you support to demonstrate your commitment.



Stay Persistent

Advocacy often requires time and effort. Stay committed and persistent, even when progress seems slow, to achieve long-term success.



Self-Care Tips

Advocacy can be demanding. Take care of your mental and physical health to avoid burnout and remain effective.

Set Boundaries

Define clear boundaries between your work and personal life. Ensure you allocate time for relaxation and activities you enjoy to prevent burnout.



Stay Connected

Maintain strong connections with supportive friends, family, and fellow advocates. Sharing your experiences and feelings with others can provide emotional support and reduce stress.

Practice Mindfulness

Incorporate mindfulness techniques such as meditation, deep breathing, or yoga into your routine. These practices can help you manage stress, stay focused, and maintain emotional balance.



Take Breaks

Short breaks throughout the day, as well as longer periods of rest, can help you stay refreshed and effective.

Prioritize Physical Health

Take care of your body by eating nutritious meals, getting regular exercise, and ensuring adequate sleep.



Celebrate Small Wins

Recognize and celebrate the small victories and progress you make in your advocacy efforts. Acknowledging these achievements can boost your motivation and sense of accomplishment.

Empower Your Advocacy

Research with credibility, clarity, and confidence!

Use Credible Sources

Accurate information from reliable sources adds credibility to your advocacy efforts, helping you make compelling and trustworthy arguments.



Cross-Check Information

Cross-checking information helps you avoid spreading misinformation and maintains the integrity of your advocacy work.



Stay Current

Staying current with information and research ensures your advocacy is based on the most recent and relevant information, making your efforts more effective and timely.



Understand the Context

Understanding the context helps you present information accurately and address any potential counterarguments, enhancing the persuasiveness of your advocacy.



Take Notes

Well-organized research allows you to easily access and reference key data, making your advocacy more efficient and coherent.



Engage with Experts

Expert insights add depth and authority to your advocacy, helping you build a stronger case and gain support from influential decision-makers.



IT'S ALL ABOUT THE FACTS BULLYING

Explore key statistics and eye-opening facts that highlight the importance of bullying prevention.

PREVALENCE

According to the National Center for Education Statistics, 1 out of every 5 students report being bullied at school.



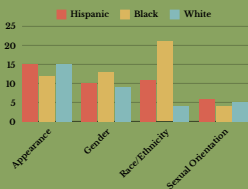
CYBERBULLYING

Nearly half of U.S. teens have been cyberbullied.



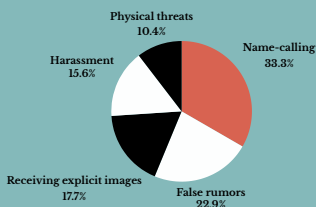
46%

Report at least one cyberbullying incident



White, Black and Hispanic teens have all encountered online bullying at some point, but their experiences all differ.

FORMS OF CYBERBULLYING EXPERIENCED



In a 2022 Pew Research Center survey, teens were asked which forms of bullying they most commonly experienced online. The above chart shows their responses.

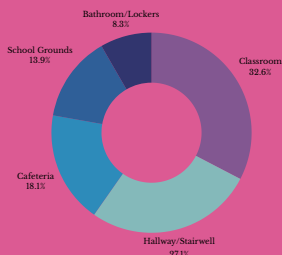
RISK FACTORS

Generally, children who are subjected to bullying behaviors in school have one or more of the following associated risk factors*:

1. Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool"
2. Are perceived as weak or unable to defend themselves
3. Are depressed, anxious, or have low self-esteem
4. Are less popular than others and have few friends
5. Do not get along well with others, are seen as annoying or provoking, or antagonize others for attention

*However, even if a child has these risk factors, it doesn't mean that they will be bullied.

WHERE BULLYING HAPPENS



PARENTS' TOP SCHOOL CONCERNS

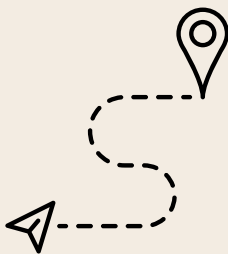


5 Steps to writing SMART GOALS

1

Specific

Be specific about the goal you wish to accomplish. Ask yourself the who, what, when, where and why of the goal.



2

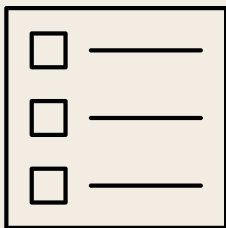
Measurable

What are the metrics you will use to determine whether or not you have met your goal? How will you collect data to measure the outcomes?

3

Achievable

Make sure that you are able to realistically accomplish your goal. Identify any barriers and deficiencies that will need to be addressed.



4

Relevant

Your goal should be aligned with the broader goals of the bigger picture you have set for yourself. It should make sense for your desired outcome.

5

Time-Bound

Giving your goal a time frame for completion helps to keep you focused. A realistic timeframe will keep you accountable and assist in measuring your progress.



6 tips for **Setting Boundaries** at home and at school



Know Your Own Personal Comfort Zone

Understand what makes you feel safe and comfortable. If something or someone makes you uncomfortable, it's okay to say no.

Use Clear Words

Practice saying "no" or "stop" firmly but kindly. It's important to use clear language to express your boundaries. Saying "no" is not mean or unkind.



Listen to Your Feelings

Pay attention to your feelings. If something feels wrong or makes you uneasy, trust your instincts and set a boundary.



Ask for Help

If you're unsure about how to set a boundary, ask a trusted adult like a parent, teacher, or counselor for advice and support.



Be Respectful

Set your boundaries politely and respect others' boundaries. Treating others with respect helps create a safe environment for everyone.



Practice Self-Care

Take time for yourself to do things you enjoy and that make you feel happy. Self-care helps you feel confident and reinforces your personal boundaries.



WHAT IS SELF-ADVOCACY?

SELF-ADVOCACY IS...

Speaking up for yourself

Communicating clearly

Knowing your strengths

Asking for help

Setting boundaries

Actively listening to others

Finding compromise

Believing in your own abilities to make a difference

Taking care of your mental, emotional, and physical health

SELF-ADVOCACY IS NOT...

Ignoring your needs

Demanding

Ignoring your limitations

Doing everything on your own

Allowing others to overstep your comfort zones

Dismissing other people's perspectives

Focusing on problems without finding solutions

Believing you have no power or influence over your situation

Ignoring your health and well-being