



# Tips to speak up 2

## When do I speak up?



Here are some tips about **when** to speak up.

It will help you think about when to say something.

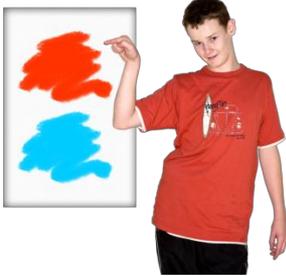


You should speak up when you are not happy about something.



You should speak up when you need help.

You should speak up:



- when you want something to change



- when you are sick



- if someone does not support you how you want



- if someone hurts you.

You should speak up:



- if you want to do something like a holiday



- if you do not want to do something



- if you have questions



- when you want to try something new.



There may be lots of other times when you want to speak up.



You can speak up at any time.

You can talk to My Choice Matters to get more ideas.

## Contact details



My Choice Matters  
Level 2, 418 Elizabeth Street Surry Hills, NSW  
2010



[www.mychoicematters.org.au](http://www.mychoicematters.org.au)



[info@mychoicematters.org.au](mailto:info@mychoicematters.org.au)



1800 144 653 or (02) 9221 12605



/mychoicematters



@mcmnsw