



Tips to speak up 3

How do I speak up?



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

It will help you say when you want something to change.

It will help you say when you are not happy about something.



Be clear about what you want to happen.



Get more information about what you want.



Work out the best way to say it.

You could write:

- an email or
- a letter.



You could speak:

- to the person
- at a meeting
- on the phone.



Work out who to say it to.



Write down or draw what you want to say.



Talk to someone you know about what you want to say.

It will help you be clear.



Take action.

Write something or say something.



Do not go to a meeting by yourself.



Do not get angry.



If things do not change you should say.



You can get some help.

You can talk to someone you know.

You can talk to My Choice Matters.

Contact details



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