

Be Your Own Best Advocate

- Advocating or caring for yourself includes remembering to take your medications.
- Choosing a trustworthy friend to advocate for you and make a promise that you will keep each other safe.
- Wearing a medical alert bracelet if you take medications or have a health condition.
- Asking questions and check out the answers to make sure they are correct !
- Being involved in your health appointments and monitoring your health.

Young people have the right to:

- Be safe from all types of abuse
- Have a say in decisions that affect them
- Ask questions about themselves and their health
- Have their questions answered with information that they can understand
- Voice their concerns and their needs

Self-advocacy is when a people speak up for themselves and learns to make safe, informed decisions about their health and their life.

