

# How to speak up for yourself

## About Easy Read

Easier words with pictures to help explain some ideas.

## How to speak up for yourself

A woman with different health icons in the air around her.

This fact sheet can help you speak up for yourself.

You can speak up when

- Someone treats you badly
- A service does not support you well
- Information is hard to read

You can speak up at health and other services.

This fact sheet shares ideas on what you can do.

This fact sheet says that you can speak up for yourself when:

- someone treats you badly
- a service does not support you the way you want
- you are not given a chance to have your say
- information is hard to read or a website is hard to use.

These issues can happen at health services or other services.

It also has ideas to help you see your strengths and know what to do.

# We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

## This resource was made by

### People with Disability Australia

Australia's peak disability rights and **advocacy**

**Advocacy** is having your voice heard so your rights and needs are met.

An **advocate** is a person who speaks up to get you the support you need.

organisation. People with Disability Australia empowers, champions and celebrates people with disability.

- [Visit](#)

## Youth Action

### Show moreShow less

Youth Action is the peak organisation representing young people and youth services in NSW. Youth Action works towards a society where all young people in NSW are supported, engaged, valued, and have their rights realised.

- [Visit](#)