

Name: _____

ADVOCACY ACTION PLAN

This activity takes everything you've learned in *The Facts. Your Future*, Lessons 1-3 and asks you to apply it by creating a plan of action for how to advocate for yourself and others when faced with a challenging, or unsafe, situation. Think about a situation that you have faced or might face, where you, a friend, or a family member would need help. Some possible scenarios could include bullying, mental health challenges, opioid or other drug use, or emotional or physical harm.

My Response Tendency

From Lesson 2: Response Tendency Self-Assessment

List your response tendency here. Write at least one example of a way you could advocate for yourself or a friend using your response tendency.

My Trusted Adults

From Lesson 3: Trust Network

List at least three people (i.e., trusted adults) from your trust network that you would go to for help.

1 _____

2 _____

3 _____

My Personal Message (My Why)

From Lesson 2: My Brand Story and Vision + Lesson 3: My Personal Message

Think about your why and either rewrite your personal message here or try answering this question: Why is it important for me to advocate for myself or someone else?

MY ADVOCACY ACTION PLAN

I plan to ask for help for myself or a friend in a situation like

_____ by doing and saying the following (*note: this can be a list of steps, who you would go to, something you might say, or a combination*):

RESOURCES

It's always a good idea to reach out to a parent, guardian, teacher, or other trusted adult if you have more questions or need to talk. Additionally, there are resources where trained professionals are available to help. Here are some resources available to help you or a friend who may be struggling:

Resiliency Florida

The state of Florida seeks to empower its youth with resources to help build resilience. Find these resources at Resiliency Florida.

BUILDRESILIENCY.ORG

Love is Respect

Text "LOVEIS" to 22522

For information about healthy relationships and setting boundaries with others, text LOVEIS to 22522 or visit LoveisRespect.org.

LOVEISRESPECT.ORG

Be There Certificate

For more information about how to support a friend who may be experiencing a mental health challenge, the Be There Certificate program discusses how to start the conversation, how to improve listening skills, and ways to connect someone who may be struggling to help.

BETHERECERTIFICATE.ORG

Mental Health is Health

To support your mental health and get information about being there for a friend, visit mentalhealthishealth.us

MENTALHEALTHISHEALTH.US

Coping Strategies

For ideas for things to add to your Healthy Coping Strategies Toolkit, visit: mentalhealthcenterkids.com/blogs/articles/coping-skills-for-teens

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Learn more about making smart choices: TheFactsYourFuture.org