

## **WHAT IS ADVOCACY?**

**You have rights at any age and it's important you know what they are.**

**Did you know you have the right to speak up for yourself when adults are making decisions for you?**

**Advocacy will support you and make sure that your voice is heard when decisions affecting you are being made.**

# **ABOUT ME**

**ADVOCACY SUPPORT**

## SO WHAT WILL AN ADVOCATE DO?

- Help you speak up for yourself or speak on your behalf if that's what you want
- Listen to your concerns or worries and help you to act on them.
- Be open and honest with you.
- Help you challenge decisions.
- Help you prepare for meetings.
- Explain to adults how you are feeling.
- Explain to you what is happening and what is planned to happen.
- Help you to sort out a problem if you are thinking of making a complaint, a claim of discrimination or an appeal

An advocate will not:

- judge you
- tell you what to do
- talk to anyone else without your permission-unless you've told them that they can!

## HOW TO GET SUPPORT?

You can speak to your family, school, youth worker or social worker about getting an advocate.

You can also contact SNAP Cymru directly and speak to a Family and Young Persons Officer.

## SNAP CYMRU

[www.snapcymru.org/information-for-young-people](http://www.snapcymru.org/information-for-young-people)



## NYAS

[www.nyas.net](http://www.nyas.net)

OR

<http://youngpeople.nyas.net/index.php/get-in-touch/nyas-helpline>

The Helpline is open 9 am until 6 pm Monday to Friday excluding Bank Holidays. You can contact them by:

- Freephone helpline – 0808 808 1001 – please note that some mobile networks may charge the same as a landline charge to connect to 0808 numbers.
- EMAIL – [help@nyas.net](mailto:help@nyas.net)
- In writing – write 'FREEPOST NYAS' on the envelope that contains your letter to us.
- Call Back – we will call you

