



Worksheet

WHAT CAN YOU BE AN ADVOCATE FOR?

Pick one type of advocacy from the low effort, medium effort, and large effort categories and answer the following questions.

- do you need to work with an adult (if so, who?)
- do you need access to money (how might you acquire that?)
- do you need to set up a social media account (who would be responsible for it/how would you determine how frequently you need to update it)
- do you need to show up to a meeting (what would you need to prepare)
- list any other considerations that might be required to engage in the advocacy

Low Effort: _____

Medium Effort: _____

Large Effort: _____



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WHAT CAN YOU BE AN ADVOCATE FOR?

Thinking about your own strengths and skill sets, list three types of advocacy that appeals to you on the list and answer the following questions:

- what is appealing to you about this advocacy?
- why do you think you'd be good at it?
- is it a low, medium, or large effort action?

1. _____

2. _____

3. _____

List three types of advocacy that you'd like to engage in but are unsure where to start:

- what skills do you need to learn or strengthen?
- who can you ask for help to learn more?
- do you have any worries or fears about engaging in this type of action?

1. _____

2. _____

3. _____