

**SPEAKING
UP FOR ME!**





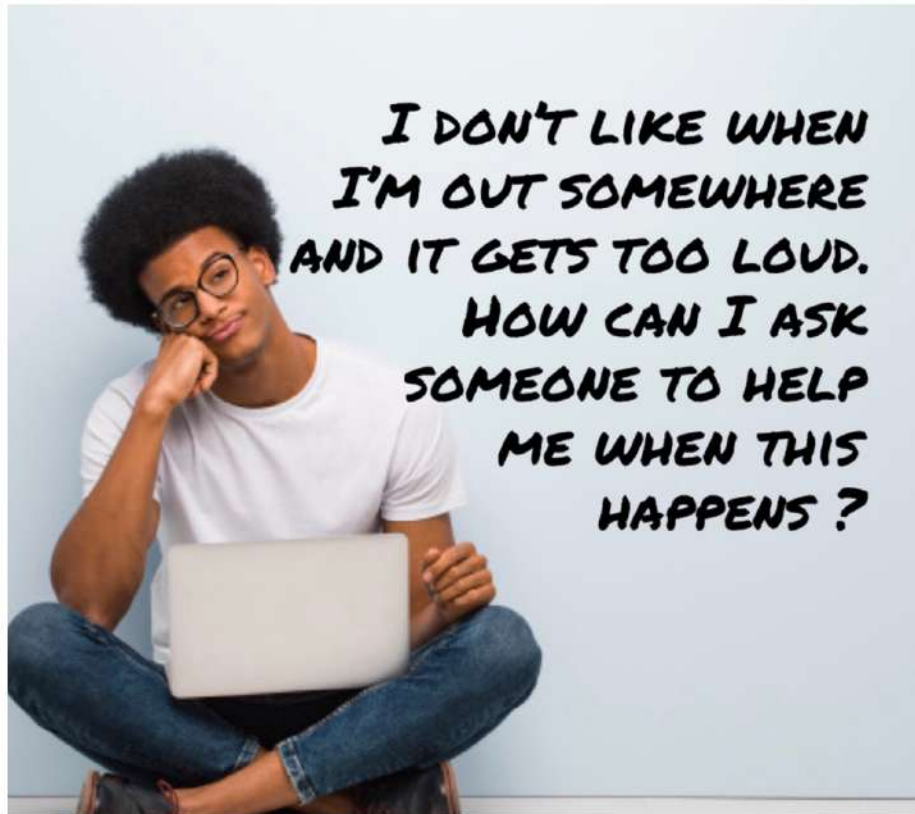
Sometimes I need to speak up for me!



Speaking up for me means, I must
tell other people when I am upset, confused, uncomfortable, or when I need something.



When I speak up for me, I also need to tell people how they can help me not be upset, confused, uncomfortable, or in need of something.



I need to think about what makes me upset, confused, uncomfortable, or times when I may need something.



I also need to think about how people can help me when I am upset, confused, uncomfortable, or need something.



I need to think about these things and prepare, so I know when to ask for help and how to ask for what I need.



IF I don't speak up for me, people won't know I need help or how they can help me.



I need to speak up for me so I stay safe, healthy, and because I matter!