

YLAT Dos & Don'ts of Advocacy

- DON'T feel like you are bothering people.
- DON'T hesitate to ask for help.
- DON'T think that you have no control.
- DON'T think that you have to go through this by yourself.
- DON'T think it's too late.
- DON'T start without thinking things through.
- DON'T use sarcasm or degrading language.
- DON'T swear or name call.
- DON'T prejudge others.
- DON'T give up



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- DO know that you have a right to ask for help.
 - DO ask for help from an adult that you trust (your guardian ad litem, life skills caseworker, counselor, mentor, advocate, foster parent, or friend).
 - DO know that you have control over some things, even though it feels like everyone else has control. You can control:
 - Who you ask to help you
 - Using the chain of command
 - Speaking your truths
 - DO be clear about:
 - What's happening
 - What's needed
 - How you feel
 - DO brainstorm different solutions and backup plans.
 - DO be straightforward and truthful.
 - DO be ready to negotiate.

Most of all, remember that you have a right to ask for help.