



What Would You Speak Up For?

1. Think about something important to you.

It could be a cause, a rule you want to change, or something you want to protect.

What is it?

2. Why is it important to you?

Explain why you care about this.

3. Who else would be helped if you spoke up?

Think about people, animals, or the planet.

4. What could you say or do to make a difference?

Write or draw your ideas.

5. What might be hard about speaking up?

Think about challenges you might face.

6. How can you stay brave and keep trying?

Write down your plan to be confident.

7. Draw a picture of yourself speaking up!

(Use the space below)

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Remember: Your voice matters. Speaking up can change the world!
