Finding Your Voice

Being a first year student, a younger student, or new to your school can be intimidating. You may not feel like your voice is heard in your school community, or it might not be as loud as the voices of older classmates. Feeling connected with your school community can take time, and finding your voice and confidence in your ability to advocate for yourself and others doesn’t happen overnight. As you consider your interests and passion, reflect on the questions below.

This worksheet can help you find your voice and develop a plan to get involved in changing the conversation about mental health in your school.

In what ways can you get involved in mental health advocacy in your school community now? Do you feel like these spaces would be welcoming to you and your peers? What are some small steps you can take to become more involved with your school community? You don’t have to think too big just yet, just enough to start getting you acclimated to your school environment!

What ideas do you have for growing your school’s mental health advocacy work? Who are some collaborators you can connect with in starting this work?

Who are some people you can connect with to learn about their advocacy journey in your school community? What are some ways they began to build their platform and feel confident in their work?