

Speech

Hi, my name is Courtney and as a student youth worker and as an individual advocacy is about having a voice even if it must come from someone else because you may not be able to do it yourself due to anxiety or even the stress it could cause.

Many people whether they are a young person, or an adult can sometimes struggle advocating for themselves due to many different reasons.

These could be due to having disabilities such as autism, cerebralpalsy or any other disability.

I believe that advocacy should be taught from a young age as this will allow the young person to know what their boundaries are over time and help them advocate for themselves. When advocating for yourself it also helps to be around people you are comfortable with because this will later allow you to be able to advocate for yourself with others, you're not that familiar with.

When advocating for yourself it is good to build confidence in doing this as this will also help further on down the line and allow you to be comfortable with being able to advocate for yourself.

An example of how advocacy could be displayed is by a family member asking for a hug and the young person who could be their niece or nephew not wanting to and saying no if they are able to.

The family member can ask then ask the young person what they are comfortable with instead of them having a hug and this could be turned into them creating a handshake or giving them a high five.

By the family member asking what the young person is comfortable with doing and respecting that boundary shows that the family member respects the young person's wishes and boundaries.

This is a constructive and good way to show advocacy and to make sure that the young person is comfortable with what the family member is asking and finding a way to change the situation into something different.

Another example of advocacy could be through drama or re-enactment. Drama and re-enactment allows the young people and adults but also myself through re-enactment. Drama and re-enactment gives the young people the chance to experience advocacy in an environment that's comfortable for them because it allows them to be themselves and to make decisions that they are comfortable with.

As a medieval re enactor myself iwith having autism it allows me to make new friends, making new decisions on my medieval clothing and to do something im growing to love. I will also gain new skills through re-enactment such as sewing, communication or even a skill through re enactment that you could do later down the line as an actual job. the young people can also do everything that I mentioned above. When I do re en actment my autism kind of goes away unless I become overwhelmed. This is because I am comfortable in my environment. However through ren enactment it allows me to be myself and allows me to grow as a person and develop my skills further and learn new skills along the way too.

Im now going to be passing over to my fellow friend and student youth worker kayleigh

References

The references I have included below help support my work above

Google Search term: Why is advocacy important (in Youth Work).

<https://www.justforkidslaw.org/what-we-do/supporting-young-people/youth-advocacy>

This is an organisation working with young people outlining the areas they work on

Justforkidslaw.org (No Date) *Youth advocacy* Available at: <https://www.justforkidslaw.org/what-we-do/supporting-young-people/youth-advocacy> (Accessed: 23 May 2023).

<https://www.nyas.net/get-support/support-for-young-people/advocacy/>

Website dedicated to advocacy

National Youth Advocacy Service (No Date) *Advocacy* Available at: <https://www.nyas.net/get-support/support-for-young-people/advocacy/> (Accessed: 23 May 2023).