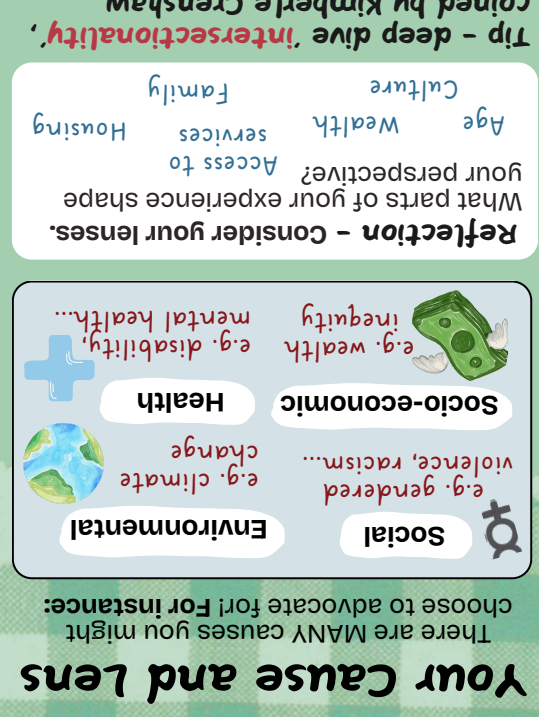
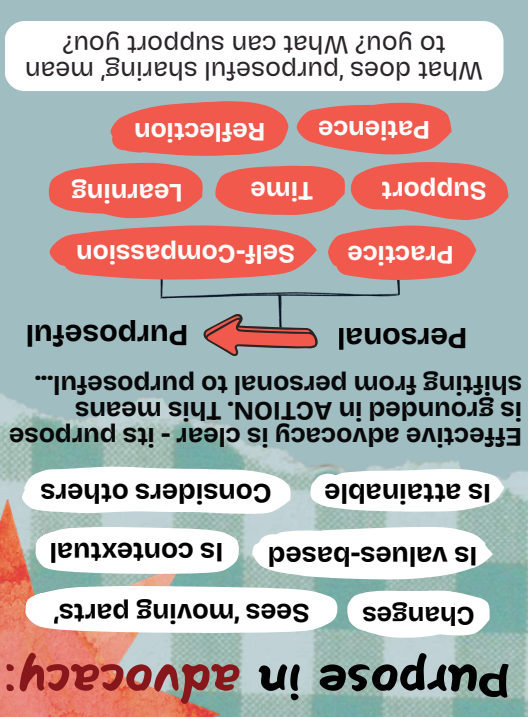
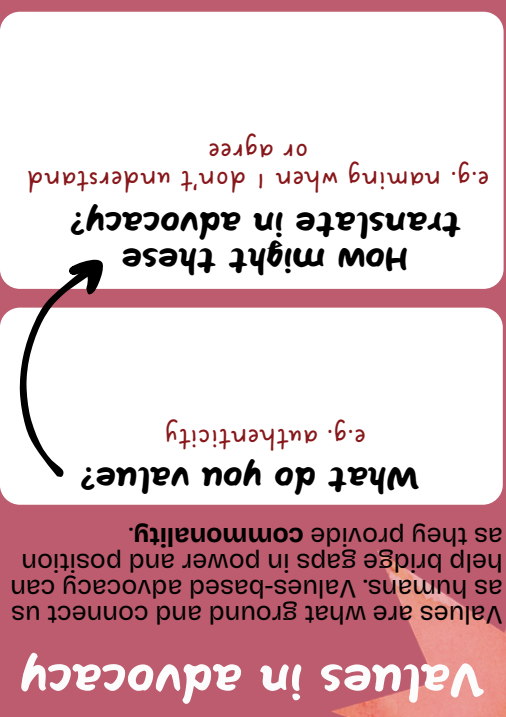


- Topics to deep dive:**
- Intersectionality
 - The Australian Charter of Healthcare Rights
 - Sustainable Development Goals

- Helpful websites/resources:**
- See what people are saying on Change.org
 - activistsrights.org.au
 - WhyNot - online platform for young people

Learn the context

Advocacy is greater than any one person - it encompasses systems, history, policy and so much more. Translating our Lived Experience into Expertise requires an ongoing commitment to learning and listening. We can't share it all in one resource - but we can share some tips to start!



This resource has been created by...

Integrity Initiative

Cultivating autonomy, dignity, and human rights in mental health conversations and care.

integrity_initiative

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The activist's **(UNOFFICIAL)** guide to **Effective Advocacy**

created by **Integrity Initiative**

EQUALITY

HUMAN RIGHTS

What is advocacy?

Advocacy is NOT:

- Having the perfect words.
- Proving why YOUR truth is THE truth.
- Individual.
- 'Difficult' or 'combative'.

Advocacy is:

- Speaking with intention.
- Making room for multiple truths, including yours.
- Collective.
- Challenging prejudices.

Advocacy is what YOU choose!

Make a word cloud. What is advocacy to you? Consider forms, issues, and lenses?

Practical steps to effective advocacy

- 1 What is the cause?**
Understand what it is you are advocating for or against.
- 2 What is your lens?**
Consider your own views, values and privilege relative to the topic. Are there biases you need to address?
- 3 Dive deeper.**
Before sharing, consider the context. What has been done by others? How might your message land? Are there any best practice guidelines?
- 4 Support.**
Advocacy is hard! Consider what support you might need before, during and after.

Integrity Initiative is brought to you from Whadjuk Noongar Boodjar. We acknowledge all Aboriginal and Torres Strait Islander Australians past and present.