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NUTAQQANUT INULRAMIRNULLU  
UQAQTIKHAANIK

REPRÉSENTANT DE  
L'ENFANCE ET DE LA JEUNESSE

REPRESENTATIVE FOR  
CHILDREN AND YOUTH

## Raise Your Voice: Self-Advocacy Workshop



### What is Self-Advocacy?

Teaching young Nunavummiut to self-advocate gives them the power to make choices and decisions that affect their life. Self-advocacy is the ability to speak-up about issues that are important to you. Self-advocacy is the power to ask for what you need and want, and the ability to tell people about your thoughts and feelings in order to improve your quality of life. Self-advocacy requires an understanding of your rights and your responsibilities.



### Why is this workshop important for your students?

The goals of this workshop are to educate young people about their rights and responsibilities and to encourage confidence with self-advocacy skills. Throughout the workshop, young people will discover their strengths, the difference between needs and wants, and effective communication skills, such as active listening and the importance of clear communication. Another area of focus is how to access services and navigate the system of government supports. The workshop is geared towards grade seven to grade 12 students.

### Why is the Representative for Children and Youth's Office (RCYO) promoting Self-Advocacy?

It is the responsibility of the RCYO to raise awareness about young people's rights in Nunavut and with young Nunavummiut themselves. Teaching young people how to self-advocate supports their right to be heard and have their opinions considered when decisions are being made about their lives. This is a key right under the United Nations *Convention on the Rights of the Child*!

### Workshop at a Glance

The **Raise Your Voice: Self-Advocacy Workshop** is led by an advocate from the RCYO and includes the following key elements:

1. **Icebreaker** - A picture based activity to get to know your RCYO advocate
2. **Know Yourself** - Discover the strengths, needs, and wants that make you, YOU!
3. **Effective Communication** - Use active listening and clear communication to accomplish a single goal
4. **Know your Rights** - Discuss the many rights that support children and youth through the dice game
5. **Navigating the System** – Put your new knowledge to the test as you learn to access important government services



This interactive workshop makes learning fun through activities, games, and group discussion. We move around a lot and avoid sitting for long periods of time.

The RCYO maintains the confidentiality of all information they receive during the workshop, unless a specific exception in the *Representative for Children and Youth Act* applies.

### Questions?

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