



**Your Voice** listened to me when I was having problems at school. They helped me to work out a plan of what I wanted to say and who I needed to speak with to make the situation better.

At first they came with me to speak to my teacher, so I didn't get so nervous. Having someone with me really helped.

Now I feel more able to sort things out on my own.

**Katie, 15**

**Your Voice** helped me to learn how to speak up in the right way. I used to get really angry and do things that meant I could have got hurt. My advocate helped me to get others to understand my point of view, now I can get help.

**Dan, 13**



please contact us with your name and number and we will get back to you asap

**email: enquiries  
@yourvoicecumbria.org**

**or telephone: 0300 0120103**

**web: www.yourvoicecumbria.org**



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Very kindly supported by ASt Signs Limited, [www.astsigns.com](http://www.astsigns.com)  
Illustrations by Juliett Kidd, QEGS, Penrith.



**young person's  
advocacy**

**by your side - on your side**

**bullying/school/housing/work/  
friends/health/college/training/  
pregnancy/substance misuse/  
relationships/professionals/safety/  
mental health/caring/youth offending...**





by your side - on your side

**Are you aged between 10-18 yrs?**

**Would you like help to:**

**Make sure people listen to what you have to say?**

**Take you seriously?**

**Speak up?**

**Sort out the problem the way you want it sorted?**

**Get clear information about what you want to know?**

**Gain the confidence to speak up for yourself in the future?**

**It doesn't matter if your problem feels big or small...**

Whether your problem feels big or small we will listen to you. What is important to us is how it's making you feel and what you would like to do to change it.

**It's your business...**

You can control how much information you want to share. We work to strict confidentiality rules and we respect your privacy. We will only share the information you give us if we feel you or someone else is at serious risk of harm.



**It's your right!**

It's your right to have your own opinion and have it listened to and be taken seriously. It can be hard to find the words to talk about what's bothering you and sometimes when you do, you may feel people aren't listening or understanding.



**At Your Voice**

we can help you to understand your rights, work out what you want to say, help you share your views, wishes and feelings, look at your options and look for a solution. We can make sure you have your voice and views heard.