



A: About Me – Advocacy Support



Llangyfelach Primary School
Pengors Road, Llangyfelach,
Swansea SA5 7JE

Head teacher: Mr L Burnell

ALNCo: Miss C Gaffney

ALN Governor: Mrs R Tancock

What is advocacy?

You have rights at any age and it is important you know what they are.

Did you know you have the right to speak up for yourself when adults are making decisions for you?

Advocacy will support you and make sure that your voice is heard when decisions affecting you are being made.

An advocate will not:

- judge you
- tell you what to do
- talk to anyone else without your permission-unless you've told them that they can!

What will an advocate do?

- Help you speak up for yourself or speak on your behalf if that is what you want.
- Listen to your concerns or worries and help you to act on them.
- Be open and honest with you.
- Help you challenge decisions.
- Help you prepare for meetings.
- Explain to adults how you are feeling.
- Explain to you what is happening and what is planned to happen.
- Help you to sort out a problem if you are thinking of making a complaint, a claim of discrimination or an appeal



How to get support

You can speak to your family, school, youth worker or social worker about getting an advocate.

A child or young person should be able to get their own advocate without having to ask someone to do it for them, who they might not be comfortable with in the first place!



National Youth Advocacy Service

www.nyas.net

<http://youngpeople.nyas.net/index.php/get-in-touch/nyas-helpline>

NYAS are all about standing up for children and young people's rights, making sure their voices are heard and getting the help and support they need.

Freephone helpline – 0808 808 1001 – The Helpline is open from 9am to 6pm Monday-Friday excluding Bank Holidays. (Please note that some mobile networks may charge the same as a landline charge to connect to 0808 numbers).

EMAIL – help@nyas.net

In writing – write 'FREEPOST NYAS' on the envelope that contains your letter.

