10-Steps to Advocacy – How to become an Advocate

1. **Volunteer.** You can participate in groups, sit on boards, do public education investigate ways to volunteer and learn in your community

2. **Get an Education.** Today there are an almost infinite number of ways to learn; formal courses forums, public meetings, the internet, and community groups

3. **Find people who inspire you**. Ask questions, watch how they work and learn from their experience.

4. **Become knowledgeable on a given subject.** You can't be an expert on everything. At most find one thing that you are passionate about and become an expert.

5. **Be a problem solver**. Look at your issue from all angles. Ask lots of questions; know how to find resources and information.

6. **Be Positive.** You are advocating because something is "wrong," But it's important to stay positive both for you and the people you encounter. Communicate in ways that make you and other feel change is possible and creates a "win-win" situation.

7. **Listen.** Cultivate the ability to genuinely listen to other' point of view and to be impartial.

8. **Be Patient**. Change is often slow. Work hard, enjoy the journey and be patient.

9. **Don't Quit**

10. **Take care of yourself**. Burnout is all too common. Take care of your health and have lots of support. You can't do it alone

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