YLAT Dos & Don’ts of Advocacy

- DON'T feel like you are bothering people.
- DON'T hesitate to ask for help.
- DON'T think that you have no control.
- DON'T think that you have to go through this by yourself.
- DON'T think it's too late.
- DON'T start without thinking things through.
- DON'T use sarcasm or degrading language.
- DON'T swear or name call.
- DON'T prejudge others.
- DON'T give up

- DO know that you have a right to ask for help.
- DO ask for help from an adult that you trust (your guardian ad litem, life skills caseworker, counselor, mentor, advocate, foster parent, or friend).
- DO know that you have control over some things, even though it feels like everyone else has control. You can control:
  - Who you ask to help you
  - Using the chain of command
  - Speaking your truths
  - DO be clear about:
  - What's happening
  - What's needed
  - How you feel
  - DO brainstorm different solutions and backup plans.
  - DO be straightforward and truthful.
  - DO be ready to negotiate.

Most of all, remember that you have a right to ask for help.