

*If I told you,  
What would you do?*

*Would you  
encourage me to use  
my voice?*



# *Would you encourage me to use my **voice**?*

**I need** you to know how much courage it takes for me to break the silence.

**I need** you not to silence me the way others have.

**I need** you to listen attentively when I speak about what I have been carrying.

**I need** you to validate my expression of my experience.

**I need** my experience to be appreciated from my perspective.

**I need** you not to make any assumptions about me, my story or my needs.

**I need** you to hold the conversation open.

**I need** your encouragement when I find ways to communicate with others.

**I need** you to respect that my story is mine at all times.

