

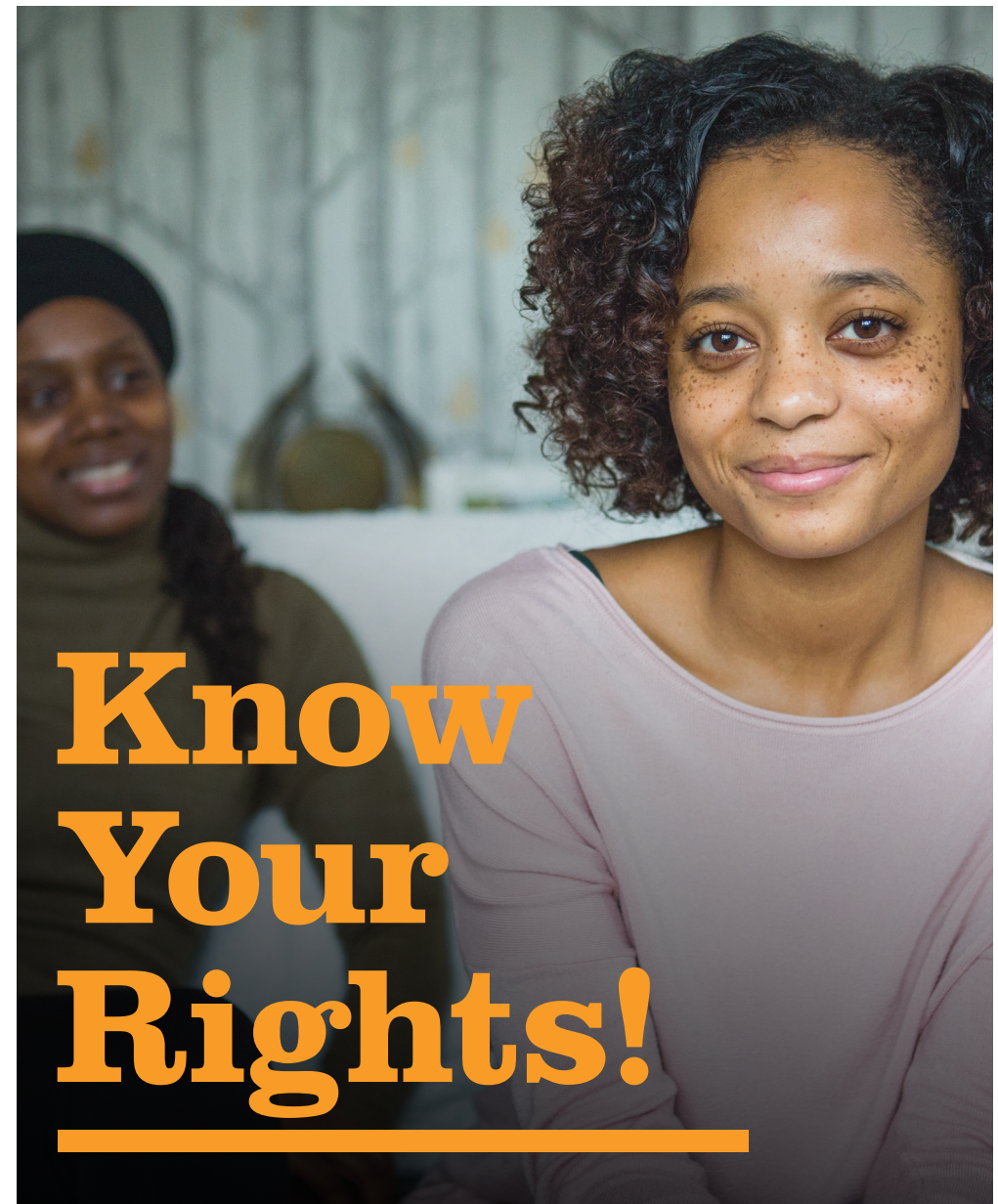
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**Want to
know more or
speak to an
Advocate?**



**Know
Your
Rights!**

Advocacy for children
and young people

**Believe in
children**
 **Barnardo's**

barnardos.org.uk



**Believe in
children**
 **Barnardo's**

Your Barnardo's advocate is a person who:

...is independent. This means they **work directly for you**, not your carers or social worker.

...will **listen carefully** to you and help you make sure that people making decisions about your life are **listening to what you have to say**.



Your advocate can support you to:

Express your wishes and feelings in meetings.

Contribute to the plans and decisions being made about you.

Make a complaint.

Understand your rights and entitlements.



What do our children and young people say?

“My advocate is someone who **backs me up**; who gives me authority.”

“My advocate helped **keep me calm** in meetings when things had become stressful.”

“It was very good, my advocate was polite and **advised me** to what my rights were.”



We are here for you to:

Help you **be safe and feel safe**.

Listen to you carefully.

Treat you **with respect**.



Your advocate **will not tell anyone** anything you say without your permission unless they are worried about you or someone else's safety.