

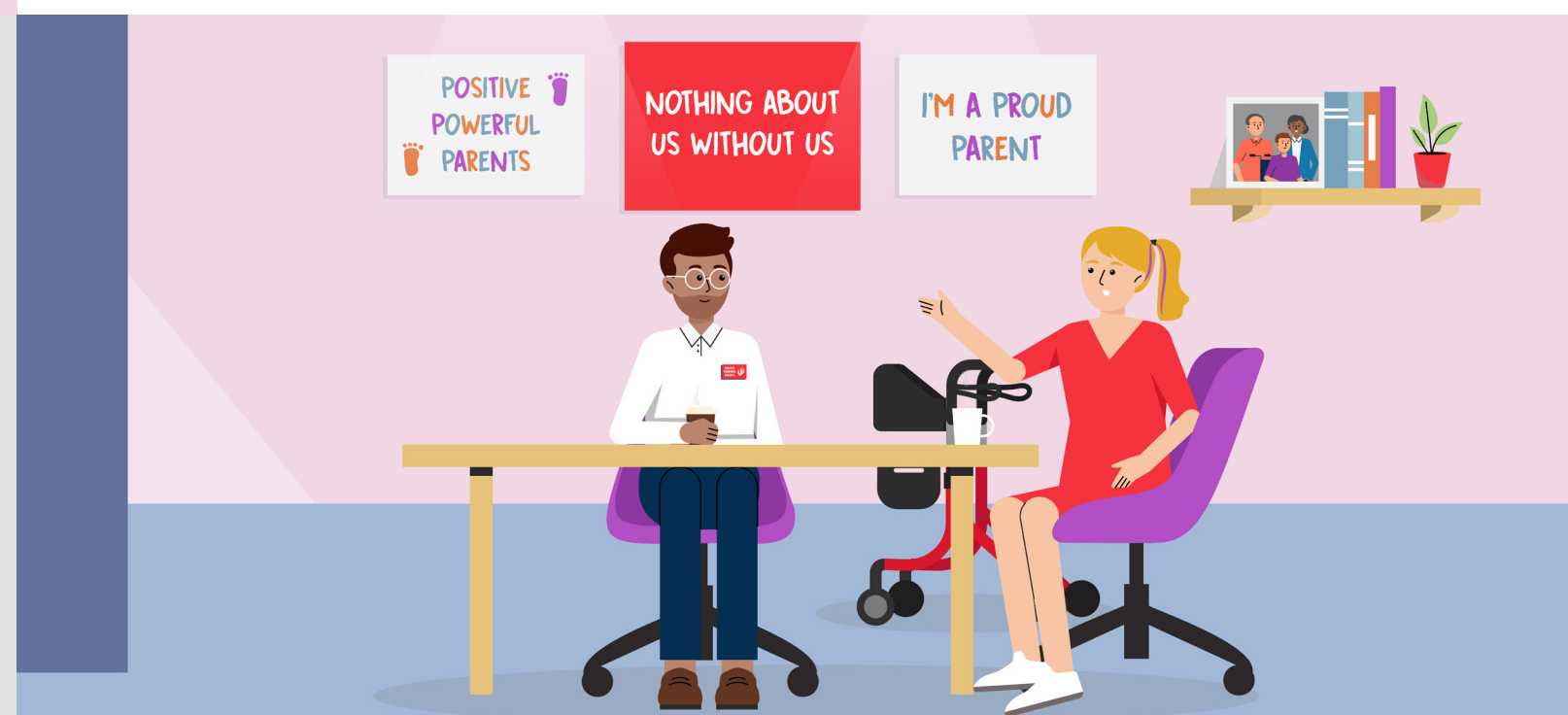


POSITIVE POWERFUL PARENTS

Safe Story Sharing

Tips for Sharing your Story Safely

**PPP would like to thank these
Self Advocates for sharing their tips:
Susan, Mel, Julie, Heather, Jane and Melissa**



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**These tips are from
Self Advocates**



Advice from Self Advocates

"Don't worry, feeling nervous is common when you share your story."

"Try to remember why you want people to hear your story."

"It makes me feel strong knowing that I am standing up for the rights of people with disability."

Sharing your story

It's important that you only share your story if you want to.

Before you share your story you can ask questions like:

- Why have I been invited to share my story?
- Who will I be sharing my story with?

Asking these questions will help you to decide if you tell your whole story or just parts of your story.

It is your story and what you say is up to you!

Taking a support person

It can help to take someone you trust with you.

That person can help you to feel confident and support you if you get upset.



What to do if you get emotional

If you get emotional when sharing your story you can:

- Pause for a moment.
- Take a deep breath.
- Look at your support person.

This can help you feel calm and keep telling your story.



Debrief

After sharing your story, it is a good idea to have a chat with your support person or someone you trust about the way you feel.

Positive Powerful Parents calls this a debrief.

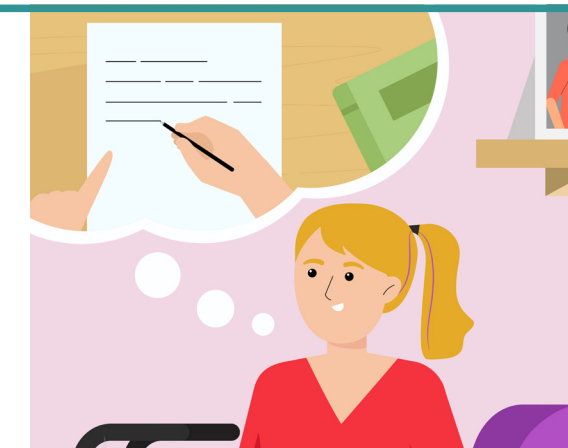
Having a debrief can help you feel good about sharing your story.

Write down your story

Write down what you want to say and take it with you.

This can help you:

- Stay on track.
- Be in control of what you share.



Before you tell your story

- You can tell the people you are sharing your story with not to share your story without your permission.
- Tell people that it is your story and your version.



Privacy

Do not share other people's personal information or photos in your story unless you have their permission.



Extra support

You can get support from a friend or a self-advocacy group.

If you need extra support there are services like counselling and advocacy that can help you.