

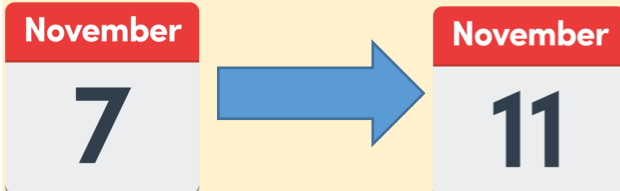
Advocacy Awareness Week 2022



Advocacy helps you to have your say in what happens in your life.



An Advocate can support you to speak out about your rights, what you need and what is important to you.



Advocacy Awareness Week takes place from 7th -11th November 2022.



People will be sharing things like blog posts and videos online to celebrate Advocacy and Human rights.



This year is supported by The British Institute for Human Rights and independent advocacy providers across the UK.



Human Rights are rules which protect people. The rules say how people should be treated.



Independent advocacy is key in supporting people to have their human rights upheld.



To help tell you about your rights and to show how Advocacy works, each day we will talk about different parts of the Human Rights Act.