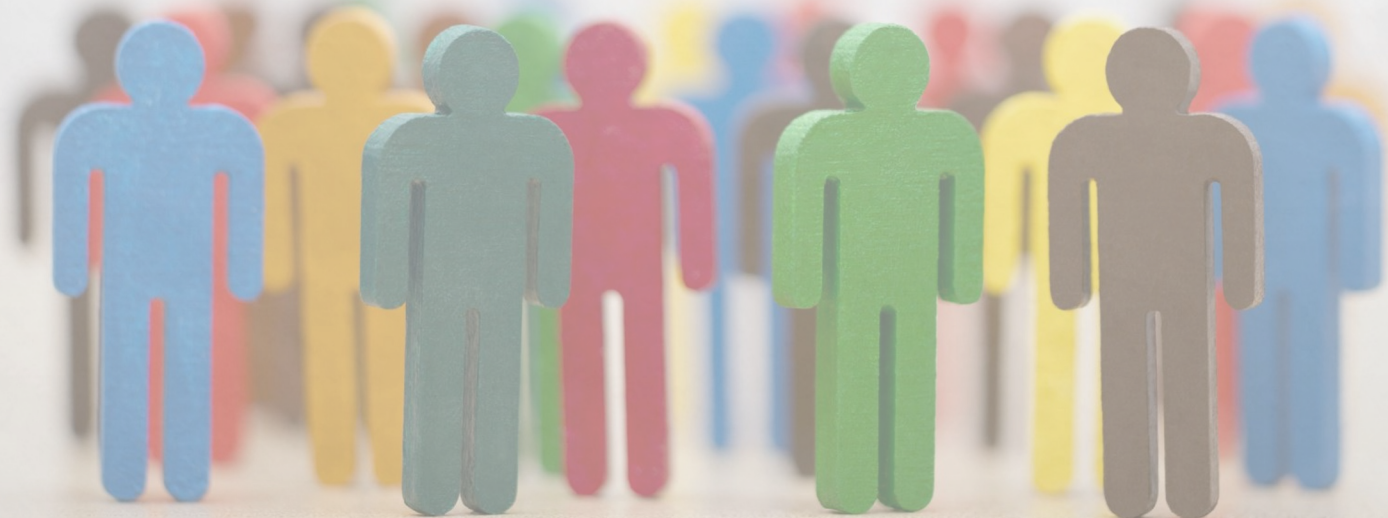


A photograph of a microphone on a stand in front of a keyboard, with the text "ADVOCACY: FINDING YOUR VOICE" overlaid in blue. The background is a blurred image of a keyboard and a microphone on a stand. The text is in a bold, blue, sans-serif font. The overall image has a soft, bokeh effect.

ADVOCACY: FINDING YOUR VOICE

WHAT IS ADVOCACY?

Advocacy is the process of people participating in decision-making processes that affect their lives and the lives of people in their communities.



A professional studio microphone with a silver mesh grille and a black pop filter is mounted on a stand. The background is a blurred recording studio with a computer monitor and various pieces of equipment. The text "Find Your Voice" is overlaid in the center in a bold, black, sans-serif font. A solid blue horizontal bar is at the bottom of the image.

Find Your Voice

**TIME TO USE
AN OLD
CHEER...**



STAND UP, SIT DOWN, FIGHT, FIGHT, FIGHT!

- We must **stand up** for what we believe.
- We must **sit down** at the table with policymakers to address the needs of children.
- We must **fight** with all of our passion to promote health and physical literacy.

STAND UP

- *Testify*

- *Speak*

- *Coordinate*

- *Promote*

- *Organize*

- *Push*

- *Give*

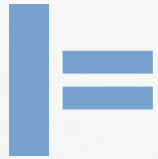
SIT DOWN

- *Recruit*
- *Contribute*
- *Cultivate*
- *Write or phone*
- *Inform and invite*

FIGHT, FIGHT,
FIGHT

F =

Find a way to promote
health and physical
literacy everyday.



Increase awareness of students, co-workers and administrators for the need to be healthy and active.

G=

Give information to others on the importance of physical education and health education.

H=

Help your career
profession achieve
visibility by promoting
professionalism.



Team with someone or a group to advocate for an important issue. One voice can make a difference, but long-lasting strength is in numbers.



WHAT TOOLS DO YOU NEED TO BE AN ADVOCATE?



NAHPL ADVOCACY RESOURCES

TOOLBOX

[HTTPS://NAHPL.ORG/ADVOCACY-TOOLBOX/](https://nahpl.org/advocacy-toolbox/)

ASAHPERD ADVOCACY RESOURCES

ADVOCACY EFFORTS

[HTTPS://WWW.ASAHPERD.ORG/ADVOCACY-EFFORTS](https://www.asahperd.org/advocacy-efforts)

THE MOST POWERFUL TOOL

YOUR VOICE

**Thank you for
using your voice
to advocate for
our profession!**