



## HOW SPEAK UP HELPED ME...

*"I did the Speak up training, was a CREATE Young Consultant for years and now I work as a Youth Facilitator at CREATE. I think that doing Speak Up is a good opportunity for young people both Indigenous and Non-Indigenous to gain the knowledge and confidence to advocate for their own rights and the rights of other young people in care, as well as being able to share their story."*

**Sharney,**  
CREATE Young Consultant

### WHAT DO YOU GET OUT OF IT?

- A free Speak Up T-Shirt
- A Certificate of Achievement
- Access to further development opportunities as a CREATE Young Consultant, including CREATE's national conferences
- A chance to meet new people who get you, make new friends and gain more confidence.

## HOW TO GET YOUNG PEOPLE INVOLVED

### THAT'S EASY!

Call CREATE on 1800 655 105 during business hours and speak to one of our staff in our state and territory offices. Or you can head to [create.org.au/what-we-do/speakup](http://create.org.au/what-we-do/speakup) to learn more about the training, see some examples of Young Consultants in action and learn about the next training date in your area!

### BECOME A MEMBER

A young person must become a clubCREATE member to access CREATE Programs. To become a clubCREATE member, simply log on at: [www.create.org.au](http://www.create.org.au) and follow the links. So what are you waiting for? Check CREATE out!

### HAVE A YOUNG PERSON IN MIND WHO WOULD BENEFIT FROM THIS PROGRAM BUT MIGHT BE RELUCTANT TO ATTEND?

Attend and meet the CREATE crew! We have Young Consultants who have done Speak Up before come along to minimise the WEIRD factor, as well as our friendly staff who are trained on a creating a positive, safe environment. To help with the comfort levels we also provide lots of food and do activities to help people get to know each other.

About the artist: Michelle Tyhuis, 38, is of Torres Strait Islander descent from Erub (Darnley) Island on her mother's side, and is of Dutch descent from Rijssen in the Netherlands on her father's side. Michelle has been practicing as a contemporary commission-based artist since 2001.



[create.org.au](http://create.org.au) | 1800 655 105

[facebook.com/CREATEfnd](https://facebook.com/CREATEfnd) [createfnd](https://www.instagram.com/createfnd)

# SPEAK UP



## AN EMPOWERMENT PROGRAM FOR YOUNG PEOPLE WITH A CARE EXPERIENCE





CREATE acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional custodians of the lands on which our company is located and where we conduct our business. We pay our respects to ancestors and Elders, past and present.

The Speak Up program actively acknowledges the role and importance of connection to culture in the lives of young people in care.

## WHAT IS SPEAK UP?

Speak Up is an empowerment program that is available to all young people with a statutory care experience aged 14-25 years. It is delivered by trained CREATE Foundation staff across all states and territories.

Through a series of interactive, workshop-style sessions, Speak Up helps young people to:

- Develop confidence and self-awareness
- Understand their care experience and the care system
- Learn how to communicate effectively with others and become part of a team.

Once young people complete Level 1 of the Speak Up program, they have the option to become a 'Young Consultant' with CREATE. Young Consultants:

- Work as part of the CREATE team to advocate for children and young people with a care experience
- Help CREATE to organise fun events for children and young people
- Help CREATE to run training for child protection staff
- Are often invited to provide their opinion at forums and workshops about improving the care system.

**YOUNG CONSULTANTS MAKE CHANGE HAPPEN, FOR THEMSELVES AND FOR OTHER PEOPLE.**



## SPEAK UP



### LEVEL 1 - INDIVIDUAL

Level 1 is the entry level for Speak Up. This level is focused on self-development and young people building confidence. Participants also learn about advocacy and the importance of strengths based communication.

## SPEAK UP



### LEVEL 2 - STATE

Level 2 builds on the communication skills covered in Level 1. Participants learn what personal boundaries are and why they are important when sharing one's personal story. Young people also learn about their rights and responsibilities, as well as how to use their voice effectively.



## SPEAK UP

### LEVEL 3 - NATIONAL

Level 3 is the advanced level of Young Consultants Training. This level is focussed on building the skills of young people who will possibly complete national work as a Young Consultant on behalf of their CREATE Foundation.

In Level 3 young people learn about how to; effectively represent their peers in high level forums, facilitate groups and lead group discussions.. Participants are also given some basic media skills and learn about the role that the media plays in advocacy.



*"After Dani took part in this programme she became more self-assured. She learned how to speak up in a positive way to put her thought forward. I think every child would benefit with the support from this program to give them more confidence to share their opinions in a useful way."*

Carol, Foster Carer