

How can you use your voice to say no to racism and support those around you?

3 ways I will use my voice to stand up for people around me are:

1.

2.

3.

2 things I can do to be a good example to other people in my community this week are:

1.

2.

Design your own poster on the back of this worksheet with your own words about standing up for good mental health and for everyone around you