

WORKSHEET: ADVOCATING FOR BETTER COMMUNITY SPACES

Communities of color have always been at the forefront of social change. When individuals get together to unite under a common goal, they increase their chances of enacting change that could promote overall wellness, a sense of purpose, and connection. Use this worksheet to plan and advocate for better community spaces.

What problem do you want to solve?

Who has the power to change this problem?

Who are the people affected by this? Who are the stakeholders? (Consider both the communities affected by the issue, funders, and those who benefit from the issue.)

How does this problem impact your community and its mental health needs?

What does a solution to this issue look like? How can this solution be achieved?

What might you need in order to achieve this solution? (Examples: data, backing from community leaders, financial support, etc.)

Who else can you bring together from your community to help you advocate for this issue? (Examples: community leaders, local organizations, like-minded community members, etc.)

How can you gain more backing on this issue? (Examples: social media campaign, accessible educational materials, local flyers, emails, canvassing, etc.)

What additional support might you need in order to sustain this advocacy effort? (Think about your social supports, financial and transportation needs, and self-care in order to support your mental health.)

What other ways can you protect your mental health and overall wellness while you are advocating?
