

September 23rd 2019

How I can build personal empowerment:

- Work – earn allowance, mow lawns, household chores, babysitting, caring for pets (your own or someone else's) – economic empowerment!
- Learn all you can – inside and outside of school – gain skills that you can use later in life for employment and problem solving
- Make friends – support and problem solving
- Volunteer – makes you feel good/confidence, gain knowledge and skills
- Know where to go for help – problem solving and self-help
- Know your rights and responsibilities – know what laws protect you, so you can stand up for yourself and so you can act responsibly
- Be proud of your heritage – keep your culture alive (cultural empowerment)