

# The 7 Ups of Advocacy

Advocacy is love in action. It is helping people find hope, support, healing, and connection. The 7 Ups provide a practical framework anyone can use to become a stronger advocate in everyday life.

## 1. GIVE UP

Give up the need to impress people or have all the answers. Advocacy begins with humility and compassion.

- Learn about local resources.
- Practice listening.
- Pray before difficult conversations.

## 2. SHOW UP

Advocacy often starts simply by being present.

- Attend support groups.
- Volunteer locally.
- Check in with struggling friends.

## 3. SPEAK UP

Advocates use their voices to help others feel seen and understood.

- Contact government representatives.
- Share helpful resources online.
- Help people connect with services.

## 4. DON'T GIVE UP

Real advocacy requires persistence and hope.

- Encourage discouraged people.
- Keep following up.
- Stay engaged even when progress is slow.

## **5. STAND UP**

Stand beside people who feel powerless or overwhelmed.

- Support vulnerable people.
- Help navigate difficult systems.
- Speak respectfully against mistreatment.

## **6. SHUT UP**

Good advocates know when to stop talking and start listening.

- Listen without interrupting.
- Ask thoughtful questions.
- Create safe spaces for honesty.

## **7. FOLLOW UP**

Advocacy does not end after one conversation.

- Remember important dates.
- Send follow-up texts.
- Reconnect with isolated people.

Every person can advocate. Small actions done consistently can change lives and strengthen communities.