



ADVOCATING FOR BETTER COMMUNITY SPACES

Black, Indigenous, and people of color (BIPOC) communities 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.

1. **What problem do you want to solve?**
2. **Who has the power to change this problem?**
3. **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.)**
4. **How does this problem impact your community and its mental health needs?**
5. **What does a solution to this issue look like? How can this solution be achieved?**
6. **What might you need in order to achieve this solution? (Ex., data, backing from community leaders, financial support, etc.)**
7. **Who else can you bring together from your community to help you advocate for this issue? (Ex., community leaders, local organizations, like-minded community members, etc.)**
8. **How can you gain more backing on this issue? (Ex., social media campaign, accessible educational materials, local flyers, emails, canvassing, etc.)**
9. **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.)**
10. **What other ways can you protect your mental health and overall wellness while you are advocating?**