

Hope's Tips On Using Your Voice



Real talk: Speaking up can be scary at first.

Expect a few butterflies in your tummy and for all eyes to be on you for a moment. I know, pretty intense. But once it's over, be ready to feel proud. You're doing a good thing for yourself. Remember, you deserve to be heard. And if there's one thing I've learned from Galaxy Girl, it's that taking on tough challenges can lead to the sweetest victories.



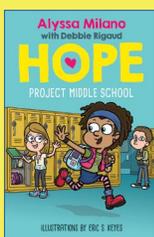
Speak up: Your voice adds so much to the conversation. So join the discussion and share your thoughts. Plus—bonus!—talking breeds understanding and builds connections. So take a deep breath, and say the words you're probably already rehearsing in your head.

Listen up: We all know the courage it takes to speak up. So when someone has the floor, listen and be respectful. Everyone deserves to be heard.

Act confident: Feeling shy? As my mom likes to say, "Fake it 'til you make it!" Try channeling a bold bestie or courageous cousin, or take a pause to clear your throat—that usually does the trick for me. Your audience will be less likely to interrupt when you speak with authority.

Be an ally: I appreciate Camila and Grace backing me up when others kept interrupting me. You can show the same support to your friends. Whether it's a single voice or a chorus, speaking up when others are being mistreated sends the signal that negativity will not be tolerated.

Don't give up: Just because someone didn't hear you the first time, doesn't mean you should give up. And just because you were nervous, doesn't mean you shouldn't try again. Dust yourself off, and keep speaking up. When you use your voice, it's a win for girls everywhere. I'm rooting for you!



Every Dream Starts with **HOPE**

A new series by Alyssa Milano with Debbie Rigaud and illustrations by Eric S. Keyes


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