



# Building Positive Relationships With My Voice

## *Student Voice is...*

- Sharing thoughts and ideas
- Thinking for the good of the whole
- Accepting responsibility for what needs to be done

## RESOURCES

[If You Really Knew Me](#)

[The 7-38-55 Rule](#)

## MYTHBUSTERS

FACT

FICTION



## PERSONAL CHALLENGE

How does tone impact what I am saying and my relationships with others?



## TAKEAWAYS

- Don't be judged on what you say by *how* you say it.
- Everyone has a voice to be heard and valued.

If you have questions, please contact us at [MyVoiceMyFuture@QuagliaInstitute.org](mailto:MyVoiceMyFuture@QuagliaInstitute.org)

**Your Voice is Your Choice**