

# Tips To Make Your Story Easy To Understand And Connect With Others

## Use Plain Language

- Use short sentences and everyday words
- Say “I felt very stressed” instead of “I was overwhelmed”
- Avoid big words or confusing phrases

## Break It Into Small Parts

- Keep paragraphs short
- One idea per sentence
- This helps people follow your story

# Add Pictures or Visuals

- Use photos or drawings
- Make sure the images match the words
- Pictures help explain the story better

# Use Large, Clear Text

- Use simple fonts like Arial or Verdana
- Font size 14 or bigger
- Avoid cursive or fancy writing

# Repeat Important Ideas

- Repeating helps people remember
- “Max loves painting. Every day, Max paints pictures with bright colors.”

# Use Names Instead of He/She/They

- Helps readers know who you’re talking about
- “Sara went to the park. Sara saw her friend, John.”

# Give Real-Life Examples

- Use examples from everyday life  
“Jamie works at a grocery store, just like the one in your town.”

# Ask Simple Questions

- Questions help people think or talk  
“Have you ever helped a friend like that?”

# Offer Audio Versions

- Record someone reading the story out loud
- Listening helps some people understand better

# Ask for Feedback

- Have people with disabilities read or listen to your story
- Make changes based on what they say

# Make Your Story Stand Out

- Know your audience
- Be clear and kind
- Share real stories and what happened
- Use visuals
- Practice telling your story
- Keep people involved and updated

# Practicing Your Story

## Tips for Telling a Strong, Clear Advocacy Story

### Why Practice?

- Practice helps you sound confident and natural
- Say your story out loud many times
- If writing, edit so it's clear and interesting
- Most people share their story by speaking

# Timing Matters

- Use a watch or phone to time yourself
- Don't guess—check the time!
- Make 2 versions of your story:
  - - Short: 2–3 minutes
  - - Long: 10–15 minutes



# Don't Rush Your Story

- Rushing makes your story hard to understand
- Take things out if you need more time
- Speak slowly and clearly
- Pause after important points

# Use Your Voice

- Speak a little louder for key points
- Only raise your voice a few times
- Don't shout or talk too quietly
- Check that people can hear you before starting

# Body Language

- People are watching as well as listening
- Smile—even if you feel nervous
- Make eye contact by slowly looking at faces
- Stand up straight if standing
- Don't sway or freeze
- Use hand gestures only to make strong points

# Get Feedback

- Watch a video of yourself
- You'll notice things like speed, volume, and movement
- It's hard to notice these things on your own

# Use a Recording

- Record yourself on your phone
- Watch it and ask:
  - - Too fast or too slow?
  - - Loud enough?
  - - Paused after key points?
  - - Any distracting body movements?

# Ask a Friend

- Have someone watch your story
- First ask: Did they feel connected to your story?
- Then ask:
  - - Was your voice clear?
  - - Did you speak too fast or slow?
  - - Did your body help or distract?

# Final Tip

- Practice makes progress!
- Practicing helps you feel ready
- You'll sound clear, confident, and real
- Your story can inspire others—so tell it well!