

I'm me

Voice Doodle Book



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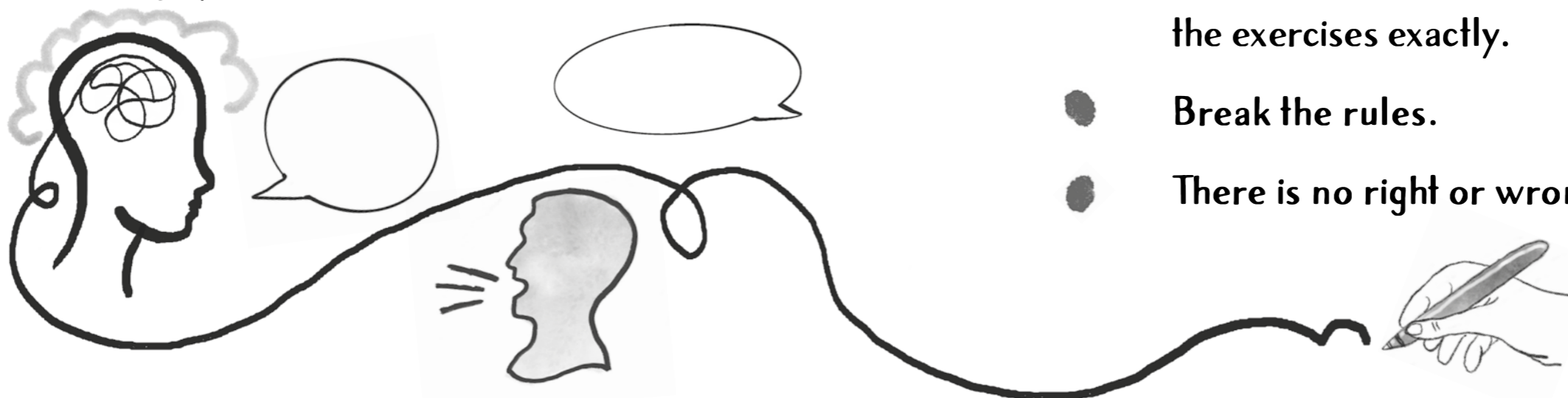
The **I'm Me** project explores questions about learning disability identity, representation and voice.

This book explores 'voice'.

Voice is what you want to say and how you say it.

You can express your voice in different ways - not just by speaking.

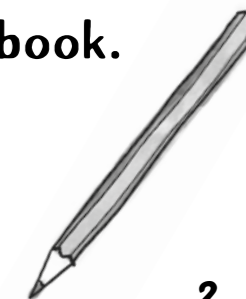
We hope this book will spark your creativity and make you think about the change you want to make in the world.



This book is divided into two sections:

1. Exploring Your Voice
2. Using Your Voice

- You don't need to do these pages in order, or do all of them.
- Don't feel like you need to follow the exercises exactly.
- Break the rules.
- There is no right or wrong way to use this book.



Your Rights in Research

1. You have the right to have your say.



2. You have the right to support.



3. You have the right to feel safe and say no.



4. You have the right to privacy.



5. You have the right for it to feel worthwhile.



What is Voice?

1. In the first part of this book you'll explore your voice. What you want to say is unique to you. Who you are, your identity, influences what you want to say. What you say is part of how you present yourself in the world.



You'll explore questions like:

- What do you want to say?
- How does it feel to use your voice?
- How does it feel to not have a voice?

What is Voice?

2. The second section is about using your voice. How you use your voice is part of what makes you, you. Maybe you have something to say about the ways that people like you are seen or talked about.

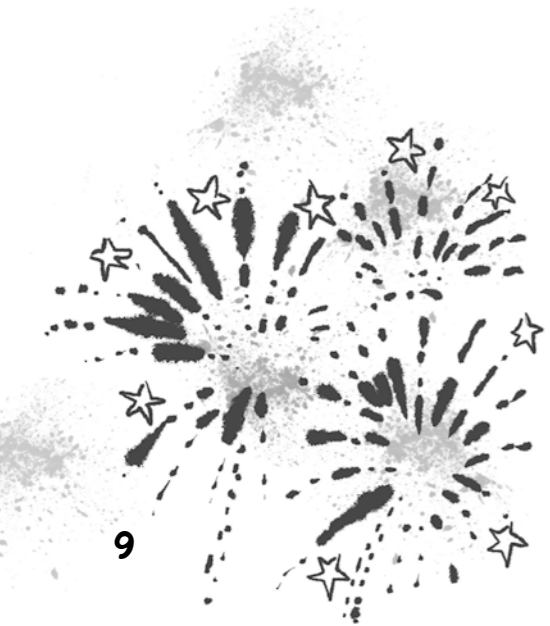
You'll explore questions like:

- How can your voice help make change?
- How do you use the arts to share your message?



Using your voice to celebrate

What's one thing about yourself
you want to celebrate?



What would you like to celebrate
about other people?



Using your voice to challenge

What is shit in the world and should be better?

Who or what makes you so angry
you want to scream?



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Your voice and others

Pick a topic you are passionate about.
Talk about it for 1 minute to somebody.
Ask them to listen:

1. With their hands over their ears.
2. While they talk at the same time.
3. While they do what they need to do to listen best.

How did these different experiences make you feel?

What does it feel like to be ignored, or to be listened to?



What do you want to say?

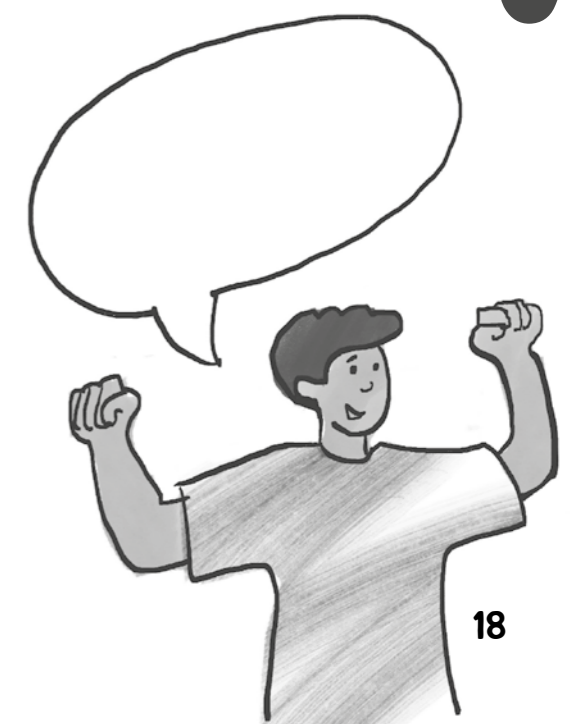
Fill this page with words, lists and drawings of things you want to use your voice to say.



Times you've spoken up

Can you remember times when you have changed something through using your voice?

These might be something small in your life or something big for a group of people.



Times you've felt ignored

Can you remember when you felt your voice wasn't listened to?

How did this make you feel?.

List places or times when you've felt your voice wasn't heard.



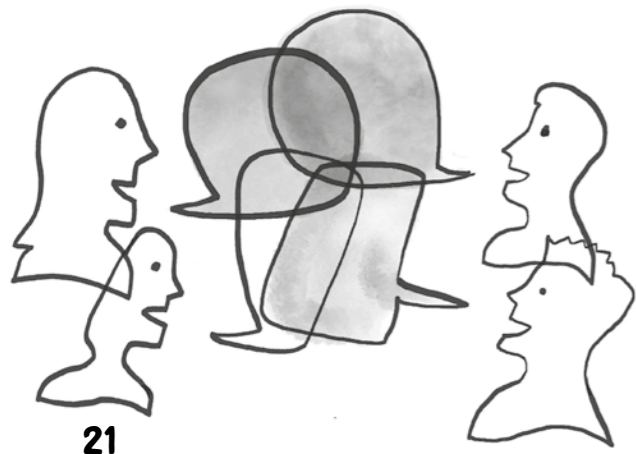
Other people speaking for you

Have you ever felt somebody else was speaking for you?

How did this make you feel?

Why do you think they were doing this?

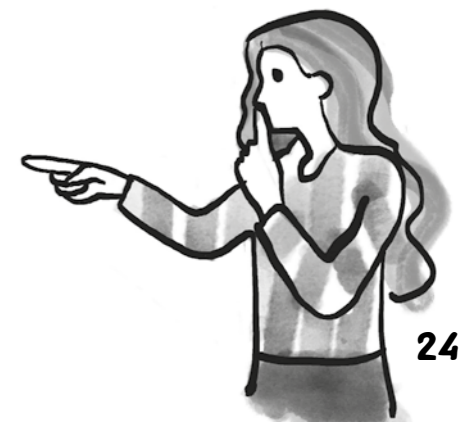
What did you do?



Barriers to using your voice

Is there a time you have felt like you couldn't share your thoughts, feelings or opinions.

What is it that stops you? These could be things that come from yourself or other people.



What do you want to change about how disabled people are treated?

Fill this page with words, lists and drawings of things you'd like to use your voice to change.

How do you use your voice?

Exploring your voice in the world

- What is the point of voice?
- What is the point of the arts?

Voice



Arts



- Are any of these the same?

Who needs to hear your voice?

Who needs to hear your voice to make something change for the better?

Draw pictures of three different people who need to hear what you've got to say.

How do you use your voice differently depending on who is listening?



Emotion and your voice

What emotions do you feel when you use your voice?

For example,
have you felt angry?
Clear and calm?
Passionate?



Can you remember a time when you felt some of these emotions?
What happened?



Things should be better

Try saying “Things should be better!”
in different tones of voice.

Could you say it angry,
firm but fair, seriously,
comically?

Can you try this exercise with
something you want to say?

What do you want to achieve?

Fill this page with words, lists and drawings of things you'd like to use your voice to achieve.

What do you want to say about being disabled to someone close to you?

Write down something you would like to say.
Now try saying it in different ways.

To the world?



For example,
trying saying it
in an angry way,
a funny way,
a firm but fair way.

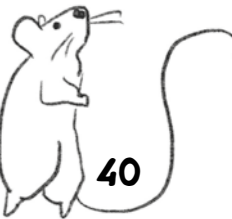
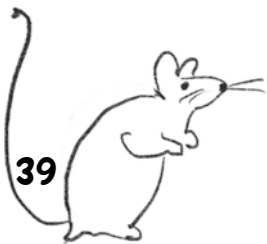
Small Changes



Write down 1 **SMALL** thing you'd like to change in the world.

Write down some small first steps towards that change that you could do:

- On your own
- With a group of people

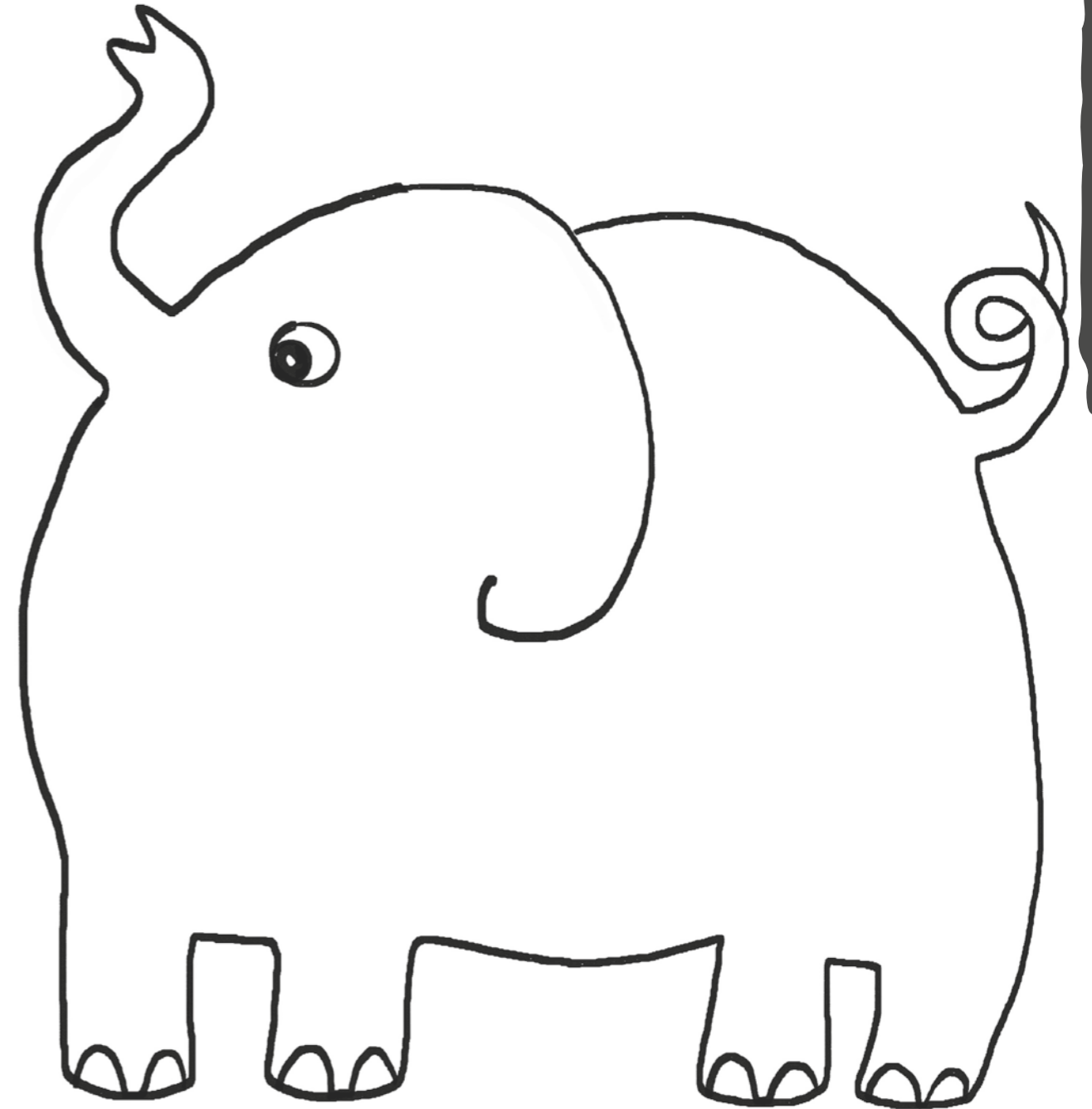


One Big Change

Write down 1 BIG thing you'd like to change in the world.

Write down some small first steps towards that change that you could do:

- On your own
- With a group of people



Collective Voices

Ask someone to tell a story about something that has happened to them that is unfair.

Draw or write their story.



Are there any similarities between their story and things that have happened to you?

Allies

Think about a time someone was your ally.

What did they do?

How did they help?



Write a list of words describing what makes a good ally.



An ally is someone who helps your voice be heard.

Next Steps

Where could you go next
with responses to this book?



This book was produced through a collaborative process
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CONFIDANCE

Hijinx

LUNG HA
THEATRE COMPANY



UNDER THE
STARS

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Can
they
hear
you?



Arts and
Humanities
Research Council



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