



← Hmm, question you want to ask at event, young person?

# Top Tips

For talking to the panel!

**Use your voice!** – Telling the panel **yourself** what young people need is far **more powerful** than if an adult speaks for you. Even if it's scary, remember that the members of the panel are people too and will be blown away by your **bravery** in fighting against domestic abuse! Don't forget that it's **their job to listen to young people** so that they know what changes need to happen.

**TUESDAY 29th NOVEMBER @ 11AM**  
**(PANEL AFTER FILM PREMIERE @ 12PM)**

**Be prepared!** – If you can, spend time with your support worker **preparing your question(s) and practice saying it out loud**. This will help you **get the confidence** to speak in front of an audience. Speak slowly, clearly and (most of all) **speak from the heart** and you'll do great! If you are really worried about asking a question though, **just email VAV (Brenda.saetta@ed.ac.uk)** and we can ask it for you. Another way would be to ask your support worker to read out your question instead of you.



← Nicola is not as scary as she looks – in fact, she's lovely!

**Know your audience** – All our panel members have their **own special powers and areas of expertise** e.g for Nicola Sturgeon it is what Government can do to help children affected by domestic abuse and for Harry McGuigan it is what local authorities can do. **Check out our VAV panel cards to see if you want to direct your question** to one panel member. It's fine though if you want to ask a question to all three!

Tam Baillie has a cartoon of him! →



**Make it real, but be safe** – Hearing **your views** is important for the panel, but make sure **you're safe** when asking questions, especially if you have any experience of domestic abuse. You **don't need** to use your own personal experience to illustrate your question. You also **don't need** to tell the panel what your real name is or where you are from.

**We're here to help, too** – We invite all children and young people to attend the panel and ask questions. **We look forward** to welcoming you all at the reception before the panel, where we'll be around to talk about our experience speaking to the people in power as a part of VAV.

**If you have any concerns, just give us a shout!**

**You can email Brenda.saetta@ed.ac.uk with any questions and we will get back to you.**