

"Where you feel like you are valued in the community". (Pearl – Mt St Thomas)

"You have a voice and power in certain decisions, and you can choose choices on your own and you don't have to be bossed around all the time by lots of people". (Josh – Mt St Thomas)

"You have more or the same power of someone". (Harry - Dapto)

"The power to be the one who chooses the right decision, you have power". (Felix - Dapto P.S)

"Feeling the power to just speak up for yourself and feel in control". (Tatjana - Dapto)

"You have power and powers". (Anon – Dapto)

"People back each other up and people don't be mean to each other". (Rocco – Mt St Thomas)

"To be given a choice and not have people choose for you". (Mercy – Mt St Thomas)

"When you have a voice and having power to choose what could happen". (Domenico – Mt St Thomas)

"Feeling confident in what you do, encouraging". (Sophie – Mt St Thomas)

"When you feel like you are a LEADER". (Sophie – Mt St Thomas)

"When I'm by myself and doing martial arts". (Tyler – Mt St Thomas)

"Given the same choice as an adult and people believe in you". (Mercy – Mt St Thomas)

"You feel like you have the voice to change lives". (Anon – Dapto)

"When you have a choice to decide your own decisions". (Ben – Mt St Thomas)

"Feel safe, wherever you go". (Curtis - Dapto)

"To have a thought to not be scared to share it. We should ALL have a voice". (Joely – Mt St Thomas)

"Everyone has a voice and give people a choice. To not be quiet and sit at the back". (Scarlett – Mt St Thomas)

"To feel powered up and having the confidence to do something". (Shreya - Dapto)

"Feel protected, happy and feel like you have power"! (Lauren - Dapto)

"I think empowered means that you have power to talk". (Alaree – Mt St Thomas)

EMPOWERED

"You have power over what happens". (Anon – Dapto)

"You can choose the right decision". (Abel - Dapto)

"Confident, power and strong". (Cruz - Dapto)

"Where you feel like you have power to make your own decisions". (Spencer - Dapto)

"To feel you have the right to make a stand or just to make a stand". (Maddie - Dapto)

"I feel empowered when I have my freedom/choice and to have value". (Chan – Mt St Thomas)

"Feeling like your safe and like you have control over yourself. Feeling protected by people like friends and family". (Mikayla - Dapto)

"Feeling you can make a stand". (Anon – Dapto)

"Kicking footy around with my younger brother". (Hunter – Mt St Thomas)

"I feel empowered when people respect me". (Indigo – Mt St Thomas)

"Feeling like you can speak up, feeling like you have the power to speak". (Coby - Dapto)

"You feel like you are strong and that you have power". (Jordi - Dapto)

"To be giving a choice or a voice". (Mercy – Mt St Thomas)

"You like can tell someone what is right or wrong". (Madison - Dapto)

"POWER!" (Logan - Dapto)

"Be yourself and no-one else". (Addy - Dapto)

"Safe and you will feel like you have all the power in the world". (Jacob - Dapto)

"I feel empowered when I get a choice". (Prieta – Mt St Thomas)

"Standing up for yourself and your surroundings". (Ruby - Dapto)

"You feel like you can stand up with power". (Isla - Dapto)

"To have the right to have a say in a conversation". (Tom – Mt St Thomas)

"When I am believed in, respected and having the right to be heard". (Pearl P.S – Mt St Thomas)

"I feel empowered when I can speak up about things". (Bella – Mt St Thomas)

"It's not just having a voice it's about being heard and listened to and having the ability to complain, request change and you get it, not just shrugged off". (Geordie St – Mt St Thomas)