

EXTRA EXTRA!

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Your voice is so powerful

This is an edited version of a story from
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Dominique Palmer found her voice at a young age. She first got involved in activism after learning about air pollution at school. She helped to organise the climate strikes in schools in 2019.

Since then, she has focused on using the power of creativity to bring people together to fight for the environment. She has spoken to world leaders and campaigned for greener fashion, working with large brands.

Dominique knows a thing or two about getting your voice heard, and she offered some tips when she spoke to *The Day's* new Planet People podcast!

"Your voice is so powerful"

"It is so important for young people to find their voice, because your voice is powerful, and you can make an impact. And young people are the future. We will be the leaders and we will be going into the world and making these changes. Our voices are so important and so powerful. Young people have so many incredible and amazing ideas."

"No one is too small to make a difference!"

Make lists!

"One thing I did that really helped me

was thinking about three things:

Firstly, what do I enjoy?

Secondly, What do I think needs to be done? What thing do I want to focus on?

And thirdly, what thing do I think I'm already really good at?

That really really helped me in using my voice to make a difference."

"Start where you are"

"The advice I would give is to start where you are. Whether that is asking about changes at home or at school. There are so many changes we can make by just influencing the people around us."

"You are not alone"

"It's also so important to remember that you are not alone! There are probably so many more of your friends and their peers who also really care about protecting our planet and are passionate about this. It's so powerful when all come together to discuss these ideas."

Get the adults involved

"One thing I found as a young person is that it is very powerful when you are asking the adults to take the action and make the change."



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