

Taking up space

Taking up space means sharing your ideas and opinions, and making sure other people see and hear you. You can take up space with your body and your actions. You can take up space by participating in activities and speaking up.

Here are some things that taking up space can look like:

- Speaking up in meetings at work
- Sharing your opinions when you're talking with friends
- Wearing clothes, makeup, or hairstyles that make you feel like yourself

It can be hard to take up space sometimes. But your thoughts and your personality are worth sharing with the rest of the world.

Why is it sometimes hard to take up space?

Some people find it easy to take up space. Some people take up a lot of space.

But many people don't take up as much space as they deserve. Here are some reasons why it can be hard to take up space:

- You feel like you don't belong
- People have said no to your ideas before
- People have made fun of you
- You feel guilty for making people pay attention to you
- You feel shy



Tips for taking up more space

If taking up space is hard for you, these tips can help you. You can try whatever feels most comfortable to you.

- **Make a list of things you want to say**

It can be easier to speak up if you know exactly what you want to say. Try making a list of ideas or writing down some words you want to use.

- **Think about how your body takes up space**

When we're afraid to take up space, we sometimes try to make our bodies look smaller or we try to stay out of the way. Part of taking up space means letting your body be comfortable and relaxed, even if it takes up more room.

- **Talk to people you trust**

It can be hard work making sure people let you take up the space you deserve. Try talking to friends, family, and co-workers you trust. They can help you make sure others are paying attention and giving you respect.