



## DURING MEETINGS

I CAN'T

STAND

IT WHEN:

- 1** No one asks ME what I think about things.
- 2** People talk about me like I am not there.
- 3** People “therapize.”
- 4** There are surprises, like things we didn’t plan to talk about, or people I didn’t know would be there.
- 5** Decisions about MY life are made without my input.
- 6** Meetings go on a long time, but we don’t seem to get anywhere.
- 7** The focus is on my problems and what I did wrong.
- 8** We don’t talk about the things that I want to talk about. The plan is supposed to be about ME, but none of it is really about the things I think are most important.

This flyer was developed based on the work of the Achieve My Plan (AMP!) youth advisory group, Research and Training Center for Pathways to Positive Futures, Portland State University.

[www.pathwaysrtc.pdx.edu/proj-3-amp.shtml](http://www.pathwaysrtc.pdx.edu/proj-3-amp.shtml)

