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## 4-1 Discussion: Advocacy and Social Transformation



In this module, you explore the concept of advocacy as it relates to behavior change and social transformation. As humans, we have an innate tendency toward avoiding challenge and maintaining the status quo. However, change requires us to defy that tendency and take action. As you explore the advocacy priorities that impact society and culture, you become aware of how the smallest changes in your attitudes and actions can affect the greatest changes in the world around you.

First, title your post "Advocacy and Social Transformation."

For your initial post, you will define and reflect on the factors that influence advocacy orientations and social transformation. Your post should address the following:

- In your own words, define advocacy and describe its relevance to social change agency.
- What aspects of your personality or lived experience inspire the advocate in you?
- Describe why you believe resilience and coping skills are critical to the success of an advocate.
- Describe one simple way that you could advocate for a social cause in your workplace, group, or community that would not require significant time, energy, or resources.
- Describe how advocacy and social transformation connect to one of the following programmatic themes:
  - Self-care
  - Social justice
  - Emotional intelligence
  - Career connections
  - Ethics

Remember to respond to two peers while being respectful of and sensitive to their viewpoints. Consider advancing the discussion in the following ways:

- Post an article, video, or visual to reinforce a peer's idea or challenge them to see their point from a different perspective.
- Engage in conversation with your peers around the concept of advocacy and social

transformation. Consider asking a question or sharing your personal experience.


All sources and ideas requiring attribution must be cited according to APA style.

To complete this assignment, review the [Psychology Discussion Rubric](#).

You will also need:

- [Programmatic Themes PDF](#)
- [Norms of Practice for Online Discussion PDF](#)
- [Ethical Usage Practices PDF](#)

## Rubrics

 [Psychology Undergraduate Discussion Rubric](#)

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## Advocacy and Social Transformation

Johnathan Hines posted Jul 22, 2024 6:53 PM [★ Subscribe](#)

For your initial post, you will define and reflect on the factors that influence advocacy orientations and social transformation. Your post should address the following:

- In your own words, define advocacy and describe its relevance to social change agency.  
-Advocacy involves standing up for what's right, speaking out for a cause, policy, or group of people, and making a difference. It is crucial for creating social change, as it helps gather resources, form alliances, and push for policy changes to address social injustices and inequalities. Effective advocacy can bring significant social change by challenging existing power structures and promoting inclusive and fair societies.
- What aspects of your personality or lived experience inspire the advocate in you?  
-Traits like empathy and a strong sense of justice fire up the advocate in me. I can relate to others' feelings, which pushes me to support and stand up for those in need (Davis, 1983). Also, my life experiences, like seeing social injustices and overcoming personal challenges, have made me more aware of unfairness in the system and motivated me to take action. These experiences strengthened my commitment to justice and fairness (Holland & Collins, 2018).
- Describe why you believe resilience and coping skills are critical to the success of an advocate.

- Advocates need to have strong resilience and coping skills to be successful. These skills help advocates stay engaged and effective, even when they face tough challenges and setbacks. Advocacy work can be demanding, dealing with unfair systems, opposition, and difficult emotions. This can lead to burnout if advocates do not have good ways to cope (Figley, 2002). Resilience helps advocates get back on their feet after tough times and stay committed to their cause. Practical coping skills help manage stress and prevent compassion fatigue. Both are needed to ensure that advocates can support their clients and advance their goals with energy and dedication (Lee & Miller, 2013).

- Describe one simple way that you could advocate for a social cause in your workplace, group, or community that would not require significant time, energy, or resources.
  - To support a cause at work, I could run a social media campaign using the company's platforms. I'd share info, promote events, and encourage colleagues to join. It only needs a few resources but can make a big difference by raising awareness and getting people involved.

- Describe how advocacy and social transformation connect to one of the following programmatic themes:

- Self-care
- Social justice
- Emotional intelligence
- Career connections
- Ethics

- Advocacy and social change go hand in hand with social justice. Advocacy means actively supporting and promoting the rights and well-being of marginalized groups to address and fix systemic inequalities. Social justice is about fair treatment and equal opportunities for everyone, especially those who have been historically disadvantaged. Advocacy can help bring about social change and push for social justice.

## References

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- Figley, C. R. (2002). *Treating compassion fatigue*. Brunner-Routledge.
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### Assessment



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