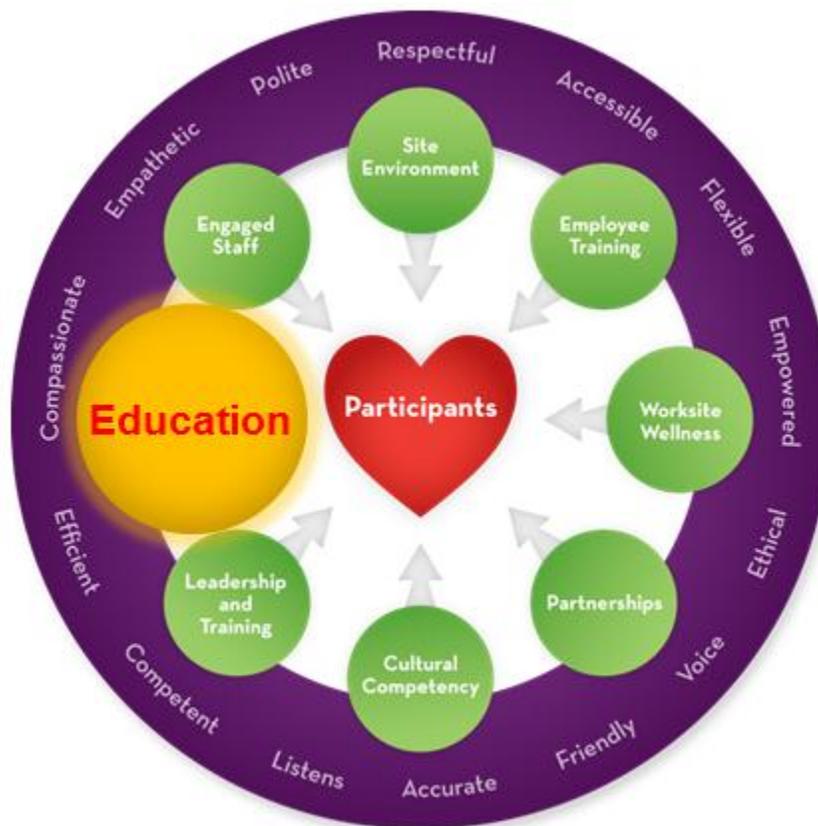


# Voice

## Participant Centered Education

### Trainee Workbook



**Voice: Acknowledging that the participant is the one who will decide what to do and what is best for her family**

**Activity 1: When Was My Voice Heard**

Describe a time when your voice was heard. How was it heard, and what difference did it make?

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**Activity 2: Hearing the Participant's Voice**

List the decisions participants make at your WIC site.


**Activity 2: continued**

List different ways you can involve participants in their learning.


**Which one of these are you willing to try with your participants?**

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