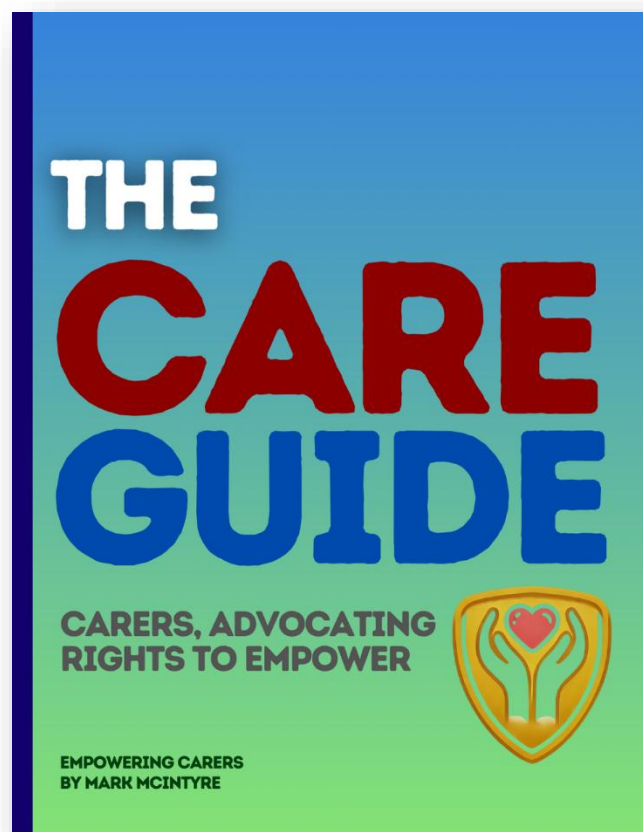


STORY 19

The Right to Be Yourself

Reflection and Teaching Aid

Section B of The Care Guide – Advocacy Stories



Training Resource Sheet

Story 19: Bumble the Elf: The Right to Be Yourself

(From Section B – Advocacy Stories)

Story Summary

Bumble the Elf is loud, expressive, and dresses differently than the other elves. He loves troll rock music and wears black tunics with silver chains—nothing like the silver cloaks and soft-spoken nature of his peers. When the Elf Council tells him he must tone himself down to attend the festival, Bumble seeks help from Sandy the Dragon Lawyer. The Fairy Court rules that no one should have to change who they are to belong. The story affirms everyone's right to identity, expression, and inclusion.

Training Focus Areas

1. **Respecting Identity and Expression**
 - What does it mean to truly accept someone for who they are?
 - How do we make space for different personalities, styles, and interests?
 2. **Challenging Conformity in Care Settings**
 - What are the risks of asking someone to “fit in” or “act normal”?
 - How do policies or habits unintentionally exclude those who stand out?
 3. **Legal Rights to Self-Expression**
 - What laws protect freedom of expression in care and support environments?
 - How do we uphold these rights in practice?
 4. **Creating a Culture of Belonging**
 - How do teams encourage individuality while maintaining respect and harmony?
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Discussion Questions

- Have you ever been asked to change something about yourself to fit in?
- What assumptions do we make about “normal” in care environments?
- How can teams challenge bias or discomfort about difference?
- How do we make inclusion more than just tolerance?

Practical Actions

- **Role Play:** Respond to someone expressing their style, interests, or identity in a way that affirms their right to be themselves.
 - **Reflective Task:** Think of a service user or colleague who is ‘different.’ What makes their presence valuable?
 - **Weekly Challenge:** Start a “Show Your Spark” wall or celebration—invite team members or service users to share something unique about themselves.
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Key Learning Outcome

Everyone has the right to be themselves. Inclusion means embracing difference, not erasing it.

How to Use This Resource

Use this sheet in diversity and inclusion training or as part of team culture building. Bumble’s story is a celebration of identity and a reminder that we all bring something unique to the table.

Date:

Time:

Place:

Name of presenter:

Names of staff in attendance:

Name of service users taking the lesson:

Feedback: