This is an accessible Word version of a poster published by the Youth Disability Advocacy Service. Each feeling named on the poster was accompanied by a simple illustration, described below.

If something doesn’t feel right, I might feel …

# Exhausted

Image of a young person with olive skin and chin-length wavy, brown hair, wearing a white t-shirt with a red collar. Their expression is weary, and their head is resting on their hand.

# Frustrated

Image of a young, fair-skinned man with short, blond hair and pursed lips, rolling his eyes. He is wearing a mustard-coloured shirt.

# Embarrassed

Image of a pale woman with collar-length, dark, wavy hair. She is wearing a necklace and a green shirt. Her lips are pursed and her cheeks are pink with embarrassment.

# Powerless

Image of a fair-skinned, blond woman, happily pushing a young person with brown skin and short, dark, curly hair in a manual wheelchair. The young person is shouting for her to stop.

# Worthless

Image of a black woman with short, curly, black hair, wearing a long-sleeved green top and navy pants. She is holding a green walking stick and looking at her reflection in a full-length mirror. Her reflection appears to be much smaller than herself.

# Hurt

Image of an East-Asian woman with her hair in a short, black bob, wearing a purple tank top. She is looking directly at you with tears in her eyes.

# Like a burden

Image of a young girl sitting cross-legged on a platform held aloft by an angry woman. The girl appears distressed as she looks down. She has chin-length, wavy, brown hair and brown skin, and she is wearing a pink long-sleeved top with navy pants. The woman holding her up has hair in a short, brown bob. She has olive skin and she is wearing a blue, long-sleeved top.

# Angry

Image of a larger, pale woman with shoulder-length, blond hair, wearing an angry expression and a white t-shirt.

# Afraid

Image of a young black person with short, dark, curly hair, wearing a pink t-shirt and navy pants. They are using a manual wheelchair and holding their hands up to ward off a dark, angry fog coming at them horizontally. They are crying out in fear.

# Sad

Image of a young, fair-skinned person with a shaved head and hoop earrings, wearing an orange top. Their eyes are downcast, and they are in tears.

# Dread

Image of a young person with olive skin and short, dark, curly hair. They are wearing a blue top and a sad expression, watching an hourglass drain out.

# Bullied

Image of a tall, angry man with olive skin and short, spikey hair. He is yelling at a short, pale, blond woman. The woman appears distressed, clutching a tablet to her chest.

# Isolated

Image of a young, fair-skinned person with short, messy, brown hair. They are wearing thick glasses and a maroon, long-sleeved shirt and navy pants. They are hugging their knees to their chest and frowning. A black fog floats behind them.

# Worried:

Image of a young person with olive skin, and auburn hair in a short wolf-cut. They are wearing a green, long-sleeved shirt. They are anxiously biting their nails.

# Silenced

Image of a larger woman with olive skin and long, brown hair. She is trying to speak, but someone out of frame is speaking over her. She is wearing a mustard-coloured t-shirt with a breast pocket.

# Ignored

Image of a young, pale person with short, blond hair wearing a long-sleeved maroon top and large headphones. They are trying to ask a question of someone who is walking away from them.

# On edge

Image of a black woman with short, curly, black hair. Her eyes are closed, and she holds one hand up to her head. She is wearing a dark, pink
t-shirt.

# Hopeless

Image of a pale, blond woman standing at the foot of a mountain-sized, black staircase.

# Unsafe

Image of a young woman with olive skin and long, brown hair, wearing a necklace and a purple t-shirt. She is frowning at a yellow sign with a warning symbol on it.