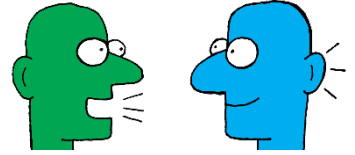


Self-advocacy is letting other people know what you think, feel and what you need.

What is “self-advocacy?”

Self-advocacy is part of self-determination. Once you know what you want and need, you have to be able to tell other people. That’s the only way to make your dreams come true!



Whether you talk, use sign language or gestures, point to pictures, get support to type or any combination of these ways to communicate, it is important to let other people know what you are thinking and feeling.

Learning how to speak up for yourself can be hard, but self-advocacy is something that gets easier with practice.

Activity: First try to answer the following questions on your own. Then work and share together as a group.

#1 Write down a time you let other people know what you thought or felt about something, or asked for something you needed.



#2 Write down a time you did NOT let other people know what you thought or felt about something, or did not ask for something you needed, but wish you had.
