

Self-Advocacy 101

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What is Self-Advocacy?

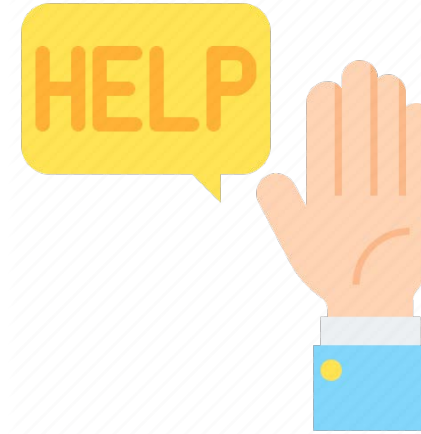


Speaking up for yourself!

Why is Self-Advocacy Important?

- To get what we need or want
- To protect ourselves and our rights
- To make good choices in our own lives
- To be independent

What Can Self-Advocacy LOOK Like?



Who can be an Advocate?



How can I be a Self-Advocate?

Be aware

Be informed

Be brave



Communicating as a Self-Advocate

Assertive Communication!

Respecting yourself AND Respecting
the other person



Assertive Communication Tips



- Choose the right time + place
- Stop + think first
- Be calm but clear
- Pay attention to your body language
- Use “I” statements

"I" Statements

Expressing yourself while respecting yourself and others



