



Self-Advocacy

THE BASICS

Bringing About Positive Change

Purpose

The purpose of this session is to learn the initial steps to help bring about positive change in one's own life.

In Session One we discussed the things that are important to us. In this lesson we want to discuss how to take steps to help bring about positive change regarding things that are important to us.

Important Points to Learn

- There are many situations in life, both big and small when it is important to speak up in order to bring about positive change.
- It is important not only to speak up, but to speak to the person or people that are in the best position to help bring about the change.
- There is a responsibility that goes with bringing about change; we must be willing and able to take responsibility for our choices.



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QUESTIONS TO CONSIDER

What are some situations in life when it is important to speak up in order to bring about positive change? For example, when someone is mistreating you, or when equipment you depend on needs to be repaired, or when you are not satisfied with services that you receive.

What is something in your life that you might want to change?

What is the responsibility that we take when we seek for something to change?

ACTIVITY: What Do You Want to Change?

Provide the participants with the opportunity to express the things that they would like to change. Write these items in the left column of a large sheet of paper. Next, discuss who would be the best person to talk to in order to help bring about that change. In the right column of that same paper write the person with whom it would be best to express the desire for change. Encourage participants to talk with the person that they have identified about the change that they desire; ask them to share their experience at the next session.