



Self-Advocacy

THE BASICS

What is Self-Advocacy?

Purpose

The purpose of this session is to introduce the concepts of Self-Advocacy and to encourage participants to identify the things that they like and are important to them.

Important Points to Learn

- “Self” refers to you and an “advocate” is an active supporter. A Self-Advocate is a person who actively supports themselves.
- Self-Advocacy is about speaking up and taking responsibility for the decisions that affect your life.
- The first step in advocating for yourself is knowing what you prefer, what you like and what you want.



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QUESTIONS TO CONSIDER

What things make you unique and different from other people? What things are very important to you?

ACTIVITY: WHAT DO YOU LIKE?

Provide the participants with the opportunity to express the things they like and the things they dislike. The group leader will name an activity or food or television program and encourage the group to express whether they like or dislike the item by using a common method such as thumbs up, thumbs down, cheering, booing etc. Examples of items could include: camping, swimming, sauerkraut, pizza, cats, dogs or whatever comes to mind!

Next, Use a large sheet of paper and make a group list of things that are important to the participants. Encourage each participant to add at least one item to the list. Discuss that different things are important to different people and that is what makes us individuals.