



Who's the Boss?

Speaking Up Sometimes It's Easier Said than Done

We Begin with 3 Stories...



Josh
ordering a
burger and
large fries.



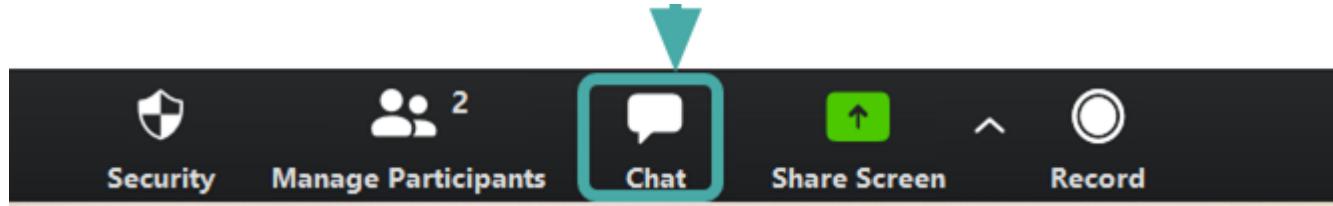
Bella has
plans to take
a bus with
her friends.



Lacy wants a
job as a cook.

We have an activity...

Step #1 - click on the chat



Step #2 - Click on the link. It will take you to a webpage where you can pick a response.

<https://www.menti.com/ijahauws5>

Pick a Response



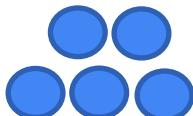
Josh ordered a burger and large fries. Then his respite worker told the cashier to just make that a small fry – he's on a diet.

No votes

Yell at your worker, tell him to mind his own business and storm out of the restaurant

1 vote

Pay for your meal and say nothing



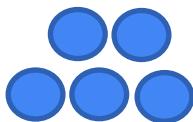
5 votes

Wait until you are at the table, say, "I know you are trying to help but I get to decide what I eat." And if you want to, go get another small fry.

Pick a Response



Bella has plans to take a bus to go to a movie.
Her staff says,, "I'll give you a ride. It's safer."
Bella wants to take a bus, like her friends do.



5 votes

Bella explains, "I'll have my phone with me, I will be with my friend, and my uncle showed me how to take the bus downtown



1 vote

Just get in the car and do not say anything

No votes

Call your staff person a jerk and call the agency trying to get them fired

Pick a Response



Lacy wants a job as a cook. She has volunteered at a soup kitchen for years. Her staff says, "You're not ready" and she tries to talk Lacy out of it.

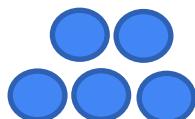
No votes

Lacy says, "Okay, I guess you are right."



1 vote

Lacy quits volunteering. She stops telling people about her dreams



5 votes

Lacy calls for a planning meeting. She asks her supervisor from the soup kitchen to come. She asks her aunt who believes in her to also be there.

Speaking Up For Yourself

Once you know what you want and need,
you have to be able to tell other people.
That's the only way to get what you want.



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.

Think of a time when...

You told someone how you felt
about something

or

You asked to try something new



Think of a time when...

You **DID NOT** tell your parents or a staff person how you felt about something

or

You **DID NOT** ask for something you needed or wanted to do



Making Your Case

Standing up for yourself is hard. It can be scary. You might be nervous about what other people will do or say if you tell them how your feel.



Sometimes it can feel like it is much easier to just let the other person have their way.

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.

Remember, self-advocacy is NOT an agency program, it is your everyday life!



Role Play



Here are the directions for how to practice making your case.

After the conference, you can do this with a friend and in your self-advocacy group.

- You need 2 people.
- One person is the “person making their case”
- The other person will be the “challenger” This person says lots of arguments trying to stop the person wanting to try something new.



Step #1

- What is something new you want to try to do.



Step #2

- Think about **why** you want to do it.
- Say what you are good at doing
- Come up with ways to get help if you need it

Step #3

- Make Your Case

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