



# **Self-Advocacy is...**



## **INTERNATIONAL**

It's not just a local thing. There are people involved in Self-Advocacy all around the world!

# Self-Advocacy is...



## ORGANIZED

Self-Advocacy isn't just friends hanging out together. It's organized.

Self-Advocates meet in groups to listen to and support each other. Self-Advocacy groups may also work together to speak-up about common issues or concerns.

# Self-Advocacy is ...



## For Self-Advocates and Allies

Not everyone who happens to have a developmental disability is a “Self-Advocate”

A Self-Advocate is a person who has a developmental disability, but also learns to speak-up for themselves and is part of an organized Self-Advocacy movement!

An “Ally” is someone who supports the Self-Advocacy movement and helps Self-Advocates to be the people in charge.



**Self-Advocacy  
is About  
Being EMPOWERED**

Learn to be the Person in Charge of YOUR LIFE!



## **Self-Advocacy is About Being PROUD!**

Self-Advocacy means being **PROUD**. Pride is feel good inside about something you are a part of.

When you are proud of someone or something, you want to tell others. You want to speak up about the person or thing.



What makes you proud about YOU? Things you've accomplished and things you are able to do?

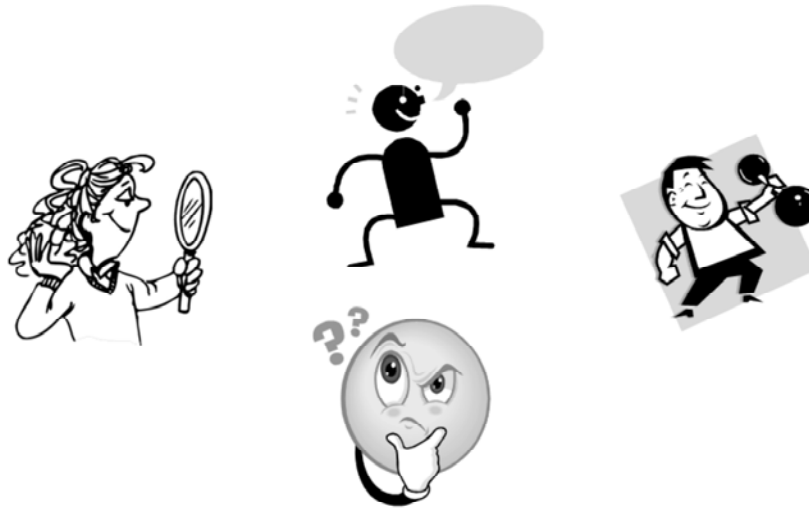


## **Self-Advocacy is About RESPECT**

Self-Advocacy means Respect. Respect means allowing others to have different ideas than you do without being rude to them. Respect also means being polite when you don't agree with someone or something else. Respect doesn't mean you have to change your mind or agree, it means being polite.



## How Can You **RESPECT YOURSELF?**



Raise your hand to give some examples of what it means to you to respect yourself.

## How Can You **RESPECT OTHERS?**



How can we respect others, even if we don't agree with them?



**Self-Advocacy  
Is About  
RIGHTS and RESPONSIBILITIES**

Self-Advocacy is about Rights, but also about being responsible. You can't talk about one without the other.



A right is a rule that makes people safe and equal.

People who have a developmental disability don't have "special rights".  
We all have equal rights.



A BIG part of Self-Advocacy is learning how to make **RESPONSIBLE DECISIONS**.

Self-Advocates learn to weigh the good and the bad and know the consequences before making a decision.



**Self-Advocacy  
Is About  
MAKING A DIFFERENCE!**

Self-Advocacy also means making a difference. Here are some ways that you can do that (next few slides).

## Get Out and VOTE!



Vote!! Everyone who is able to do it should register to vote and be an **ACTIVE VOTER!** You can't complain about government or elected officials if you don't take an active role in the system!

# **VOLUNTEER in Your Community**



Make a difference in your community by giving something back!





Self-Advocacy means **TAKING ACTION** by speaking up about issues that are important to you.

You can go to a rally, testify, write letters to the editor, meeting your agency director and speak at public forums and more



## EDUCATE OTHERS



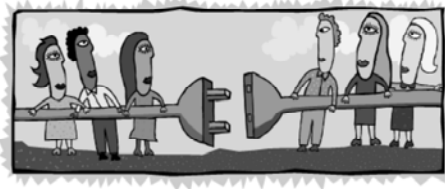
Make a difference by raising awareness and teaching others about the issues that are important to you.

Self-Advocates also work to educate others and let them know that we are all more the same than different.



## **SELF-ADVOCACY Is About NETWORKING**

Networking is an important part of Self-Advocacy because there is strength in numbers.



## Connecting with Others and Working Together



There are a lot of ways to connect with others and also stay connected. You can make phone calls, email and write letters.

**QUESTION:** What are some other ways to network and connect with others?

**A Network is  
*not just a bunch of friends*  
who get together to have fun.**



A Self-Advocacy group is a network of people who have a reason to meet and it's not just to have pizza!

**A NETWORK is a group of people  
who work together  
to MAKE A DIFFERENCE!**



Ask people: what are some ways to stay connected? **Phone Calls, Letters, E-Mail and Meetings.**

**WAIT!!!**  
**ONE LAST THING ...**

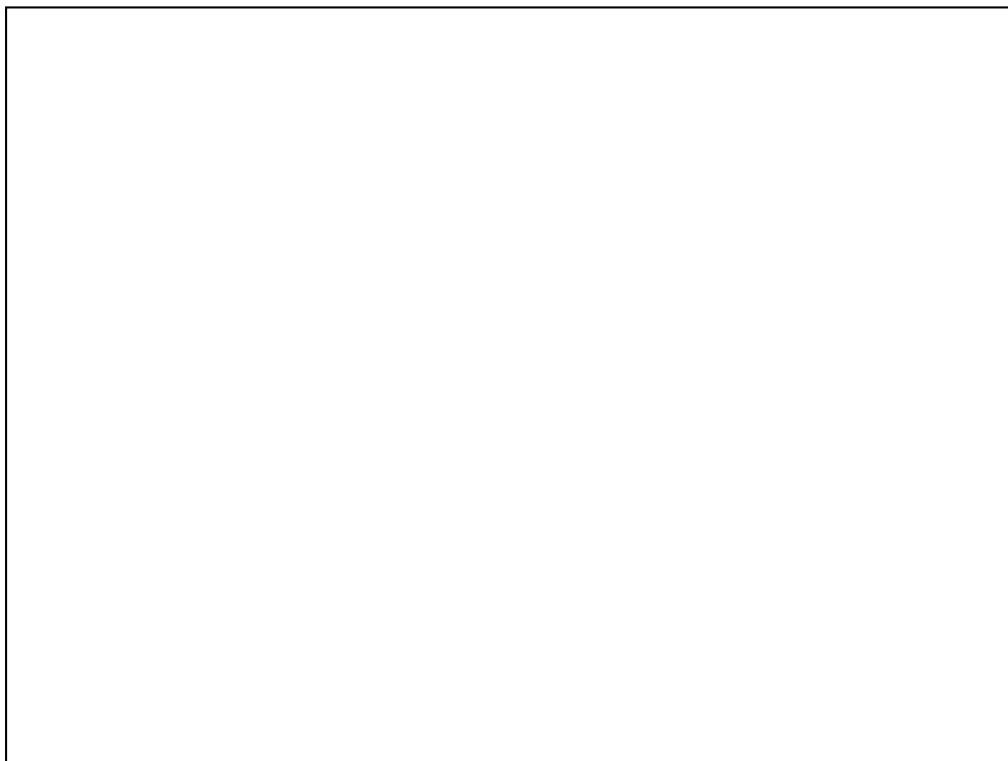
**Self-Advocacy  
Is About  
CELEBRATING ...**





And Don't Forget to  
**HAVE SOME FUN!**





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