

Self-Advocacy Workshop #6



How To Be A Strong Self-Advocate Participant Workbook

Real Choices Project

This workbook is for you to use and take home. Write down or draw what you learn. There is a page for each activity we do. You can write down words or draw a picture of what you want to remember.

Share this workbook with a friend and tell them what you learned in this workshop.

Name: _____



QUESTION OF THE DAY

If a politician
were to ask you this question,
what would you say?

**“Why should I give
more money for services
for people with disabilities?”**

Watch the video
*Self-Advocacy, Freedom,
Equality and Justice for All*

Write or draw
3 important
things shown in
the video



Self-Advocacy is speaking up
for yourself.

Being a leader means speaking up for
other people too.

Warm-Up Exercise

Saying what you like!



Small decisions happen everyday.
They are easy to make.
They are not that stressful.

What small decision did you make today?

Big decisions take more time
to think about.

They can be stressful.

Big decisions usually change
your life in a big way.

Big decisions usually have
big consequences.

What big decision are you thinking about?

TELLING OTHERS ABOUT YOUR DISABILITY



WHAT HAPPENS IF I AM STOPPED BY THE POLICE?

1. Don't be afraid.
2. Stay calm.
3. DON'T RUN
4. Tell police your name. Show your identification card.
5. Tell the police you have a disability. You should not try to hide your disability from the police.
6. Give police a phone number of someone to call if you need help.
7. Do not sign anything - Say, "I need a lawyer."

Cool things I learned from this workshop!

1. Knowing when to ask for help
2. What leaders from other groups did like from the Civil Rights and the Women's Movement.
3. Shows that Leaders from other groups were able to make a difference






