

Self-Advocacy Topics

We Will Learn About

1

What Is Self-Advocacy?

- Self-advocacy means speaking up for yourself.
- Think about what is good in your life and what you want to change.



2

Know and Love Yourself

- Know your disability and how to talk about it.
- Know what you are good at.
- Be proud of who you are.



3

Making Choices

- Practice making choices, big and small.
- Solve problems one step at a time.



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4

Setting Goals

- Dream big and set goals to get there
- Take one step at a time
- Celebrate when you get there!
(and along the way)



5

Sharing What You Need

- Use clear, strong words to say what you need.
- Practice introducing yourself.



6

Speaking Up When People Disagree

- Practice what to say when someone says no.
- Learn how to turn a “No” into a “Yes.”



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7 Your Rights

- People with disabilities have rights.
- Learn what to do when something is unfair.



8 Friends and Dating

- Learn about healthy friendships and dating.
- Learn about consent and where to get help.



9 Staying Safe Online

- Know what is OK to share online and what to keep private.
- Learn how to spot scams.
- Stay safe on social media, texting, and gaming.



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10

Speaking Up in Your Community

- Find issues you care about.
- Learn how to talk with leaders.
- Make a difference in your community.



11

Your IEP Meeting

- Learn what an IEP is and who comes to the meeting.
- Practice sharing your goals and what you need.
- Learn how to lead your IEP meeting.



12

Getting Help with Hard Choices

- Learn how to solve problems.
- Know who to ask for help.
- Practice making good choices for your life.

