



SELF-ADVOCACY IS:



Learning about your rights



Speaking up for yourself so that you are heard



Taking control and making decisions about your own life



Accessing the information you need

WHY IS SELF-ADVOCACY IMPORTANT?

Self-Advocacy is about gaining the knowledge, learning the skills, and developing the confidence to communicate what is important to you. Being a strong self-advocate means you can be more independent. Having the ability to speak up keeps people safe by supporting people to ask for the right support to achieve their goals in home, school, work, and community (this is called self-determination).

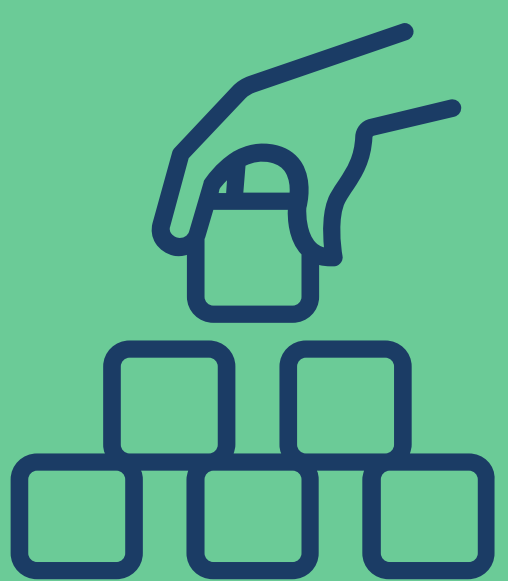


WHAT STEPS CAN I TAKE TO BE A SELF-ADVOCATE?



KNOWLEDGE!

Learn about the pieces that matter to me. Where and how do I find the information, I need?



SKILLS!

Learning happens over a lifetime. What are my strengths? What skills do I need to work on?



CONFIDENCE!

Confidence is a practice. We learn to be confident by practicing using our voice.

PERSONS SERVED RESOURCES

6-12 Years Checklist:

- [Getting To Know Me \(Be The Expert On You\)](#).

12-18 Years:

- [Skill Building Inventory](#).

18+ Time To Speak Up:

- [Tools To Practice Self-Advocacy](#).
- [Speaking Up: Learning On My Own](#)
- [Speaking Up: Learning With Others](#)
- [Things I Can Speak Up About](#)



PARENT RESOURCES

- [What And Why Should We Foster Self-Advocacy](#).
- [How To Foster Self-Advocacy \(Bloorview Tool Kit\)](#).
- [Teaching Self-Reliance \(Connections Manual Page 32\)](#).