

Self-Advocacy

What is self-advocacy and why is it so important?

Being a good self-advocate has big benefits for individuals who learn and think differently. People who know how to self-advocate are more likely to do well in school, work, and life. Self-Advocacy can help you become more confident and independent.



**SELF-
ADVOCACY**
your voice matters

HOW CAN FAMILIES SUPPORT SELF- ADVOCACY?

- Support students when asking for help
- Help students make choices and understand outcomes of choices
- Discuss student's strengths and weaknesses
- Remind students that their voice and ideas matter
- Provide opportunities for independence at home and in the community

Frequently Asked Q & A

Q: Why is self-advocacy important?

A: It makes others aware of YOUR needs.

Q: How do I practice Self-Advocacy?

A: Be active in school, meetings, and making future plans.

Tell others what your needs are.

Set goals for what you want to achieve.

Make informed choices.

Overview

Self-Advocacy is the ability to communicate your needs and making decisions about your own life. Most importantly, it is learning how to speak up for yourself and finding out who can help you in your journey.

Self-Advocacy is knowing your strengths and weaknesses, problem solving, and understanding how your disability impacts you. Self-Advocacy will also teach you how to reach out to others when you need help. It is also important to know how to get information about things that are of interest to you.

Need to Know

Three parts to self-advocacy include:

- **Understanding** your needs.
- **Knowing** what kind of support might help.
- **Communicating** these needs to others.

Steps to begin learning how to be a Self-Advocate:

- Start with small steps.
- It will take time and practice.
- Increase your awareness of your strengths and challenges.
- Asking for help is a good thing.
- Understand your rights under the law.
- Be involved in your IEP meetings and future planning.

Encourage your student to have their own voice.

**If you have questions about transition services,
contact your student's Transition Coordinator.**

CCS Office of Accelerated and Extended Learning: ccsoh.us/domain/186
CCS Transition Services: ccsoh.us/Page/1226



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