



## Secondary Transition

# Understanding Self-Advocacy

## How to Discuss Self-Advocacy With Your Son or Daughter

Self-advocacy means you understand your rights and responsibilities. You speak up for your rights and you are able to make choices and decisions that affect your life.

### Self-Advocacy Characteristics

- **Self-awareness**

- Interests, Strengths, and Preferences
- Goals and Dreams
- Supports Needed
- Accommodations Needed
- Characteristics of One's Disability
- Responsibilities

- **Knowledge of rights**

- Personal Rights
- Community Rights
- Human Service Rights
- Consumer Rights
- Educational Rights
- Knowledge of Resources

- **Communication**

- Assertiveness
- Negotiation
- Body Language
- Use of Assistive Technology
- Listening
- Compromise

- **Leadership**

- Knowledge of Group's Rights
- Advocating for Others or for Causes
- Knowledge of Resources
- Organizational Participation

### When Advocating, Remember to SHARE

**S** Sit up straight.

**H** Have a pleasant tone of voice.

**A** Activate your thinking.

- Tell yourself to pay attention.
- Tell yourself to participate.
- Tell yourself to compare ideas.

**R** Relax.

- Don't look uptight.
- Tell yourself to stay calm.

**E** Engage in eye communication.

## Resources (Websites) for Understanding Self-Advocacy:

### **LD Online**

**[www.ldonline.org](http://www.ldonline.org)**

LD OnLine is the leading website on learning disabilities, learning disorders and differences which include the following topics:

- Identifying self-advocacy objectives on an IEP
- Identifying student skills needed for self-advocacy in a job interview
- Items that should be included on the Transition IEP
- Student specific skills regarding self-advocacy needed in a job interview

### **Job Accommodation Network**

**<https://askjan.org>**

This website is for employers and employees with disabilities to understand the disability, Americans Disability Act and Reasonable Accommodations on the job site. A list of organizations can be found under each targeted disability.

- Click A-Z of Disabilities and Accommodations
- Click By Disability
- Click on Targeted Disability
- Click on statement "Accommodations & Accommodations"

### **Center for Parent Information and Resources**

**<http://www.parentcenterhub.org/?s=Self-advoc>**

Each category leads to definitions and additional resources supporting the self-advocacy process.

### **Pennsylvania Youth Leadership Network (PYLN)**

**<https://www.pyln.org/>**

The mission of the PYLN is to develop the self-determination, empowerment, and leadership of youth that promotes successful post-school experiences among youth and young adults.

