



## 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.idonline.org](http://www.idonline.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

### **The 411 on Disability, A Workbook for Youth with Disabilities**

**<http://www.ncwd-youth.info/411-on-disability-disclosure>**

National Collaborative on Workforce and Disability for Youth (NCWD/Youth)

The 411 Workbook is designed to help young people with disabilities and the adults that support them make informed decisions about disclosure. This Workbook helps young people make informed decisions about personal decisions and how they can impact their education, employment, and social lives. This valuable workbook doesn't tell young people what to do, rather it helps them think through their personal journeys and assists them in making the decision whether or not they should disclose and openly share details pertaining to their disabilities.

### **Job Accommodation Network**

**[www.askjan.org](http://www.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.

### **Life After High School – It's Your Child's Future**

**<http://lifeafterieps.com/>**

This website is a transition resource for parents and youth/young adults.

### **Self-Advocacy Online: Empower & Connect**

**<http://lifeafterieps.com/self-advocacy-online-empower-connect/>**

This website is designed to support individuals with intellectual disabilities, including other developmental disabilities. It contains resources such as stories of self-advocacy and connecting to life self-advocacy groups.

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

**<http://pyln.org/pyln>**

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.

