

Self-Advocacy

What is self-advocacy?

Knowing what is helpful to your success, having the ability to communicate what you need, asking for support, speaking up for yourself, problem-solving, and identifying a positive support system.

Why does self-advocacy matter?

Self-advocacy empowers you to take control of your life and to shape your future. Advocating for yourself assures your needs are met, your voice is heard, and your rights are respected. This is especially important as you navigate school, relationships, and future goals.

Mastering this skill is like unlocking a secret level in a video game—it opens doors to getting what you need and want!

Whether it's asking for extra help in class, setting boundaries with friends, or chasing your dreams, self-advocacy is your ticket to leveling up in life.



Our brain is the command center for our entire body... including how we self-advocate. It's muscular, bossy, spongy, and the most complex thing about us!

THINK CITY CRITICAL INTEL

Brain Empowerment

Mastering self-advocacy
with mind power



Human Brain

Our human brain helps us solve problems and aids our thinking process. It's responsible for our judgement, reasoning, and imagination! It helps us figure out what other people are thinking or feeling.



Mouse Brain

Our mouse brain gives us memory and emotions. It also allows us to manage our feelings and learn from our experiences.



Lizard Brain

Our lizard brain is focused on survival. It's the oldest part of our brain and was created to keep us alive. It controls our heart rate and breathing. When danger appears it provides our instinct to fight or to run for our lives!

1

What other people expect of you does not have to be what you expect of yourself. Being a "good" person looks different for everyone.

2

It's normal for things to be hard. Try to push yourself. Remind yourself it's okay to be messy. We learn from our mistakes.

3

Your brain is not done forming until you're almost 25 years old. It's literally still being built...so give yourself a break!

HEY! SPEAKING UP FOR YOURSELF IS TERRIFYING...RUN!

4



Self-advocating might feel uncomfortable, weird, or even scary. That's your lizard brain and you can stop it!

THINK CITY ADVOCATE LEADER BOARD



PersistPredator

Believe you can power through tough times, no matter what comes your way.



Know_Knight07

Understand your strengths and beliefs. Know who you are and what you need to do that's best for yourself.



Lethal.Listener

Seek first to understand, then to be understood. Truly listening will help you to become more confident in your own communication skills!



KillerCollab2

Be able to share your values, beliefs, and needs with others.



Today was hard. My tics were nuts. I felt overwhelmed and couldn't focus at all. Next time I'll try to tell my teacher what's going on.

NOW ENTERING THINK CITY STORY MODE

1

Quest for Understanding

Why is it important to share about your disorder and your experiences with your disorder?

2

Adapt and Conquer

What might you do to when presenting isn't your thing?

3

Mastering the Presentation

What are some ways you can slay a presentation?



Yeah, you will get all these positives...but it might feel scary!



Learn about yourself



Gain self-confidence



Dispel myths and misconceptions



Raise awareness and understanding



Foster an inclusive, empathetic culture

QUEST FOR UNDERSTANDING

ADAPT AND CONQUER



Write an article, bio, or even a story to help others learn



Create a video or pre-recorded presentation



Partner with someone to co-present



Have conversations and talk about things in the moment



Text or message people to share details when you can

MASTERING THE PRESENTATION

3

When presenting, highlight both the challenges and strengths of the disability.

2

During the presentation, discuss how the disability impacts your life. Tell your audience how it affects you at school, socially, and at home.

1

Start your presentation with a clear explanation of your disorder, including its name and characteristics.

4

During your presentation clearly explain the accommodations or supports you need and how they help you. Let others know what they can do (or avoid doing) to be supportive.

5

In your presentation, talk about misconceptions and share accurate information.

6

As you wrap up your presentation, allow time for questions and open discussion. This helps clear up misunderstandings and fosters empathy and understanding.

THIS WAY TO THINK CITY

Steps for creating an amazing presentation

6

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