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!



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.

Brain Empowerment Mastering self-advocacy

with mind power



Mouse Brain

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



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

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.

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!

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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!



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



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KillerCollab2 Be able to share your values, beliefs, and needs with others.

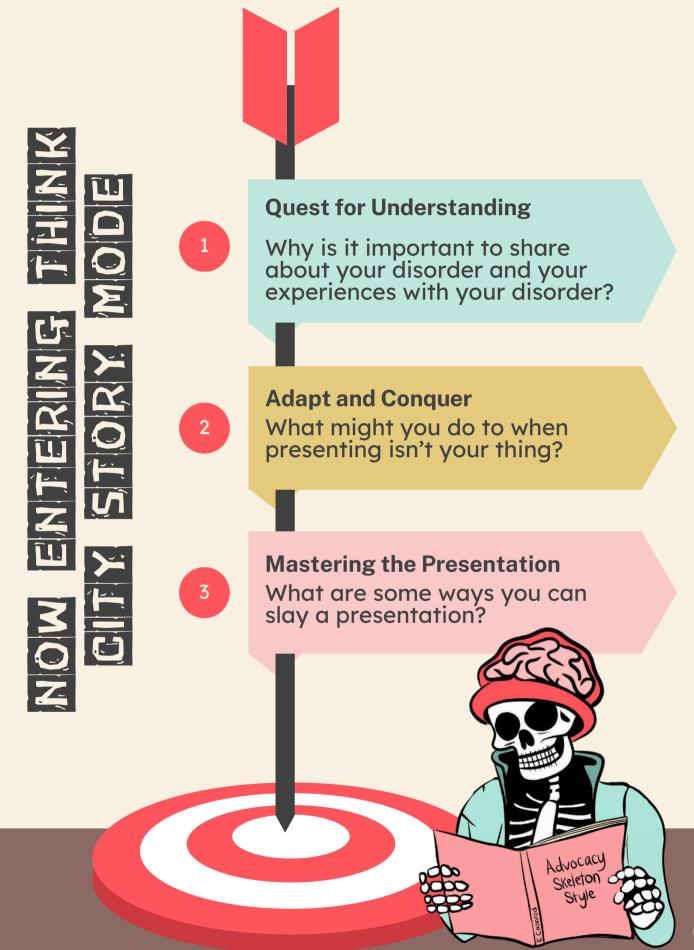
. PersistPredator

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!

> 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.

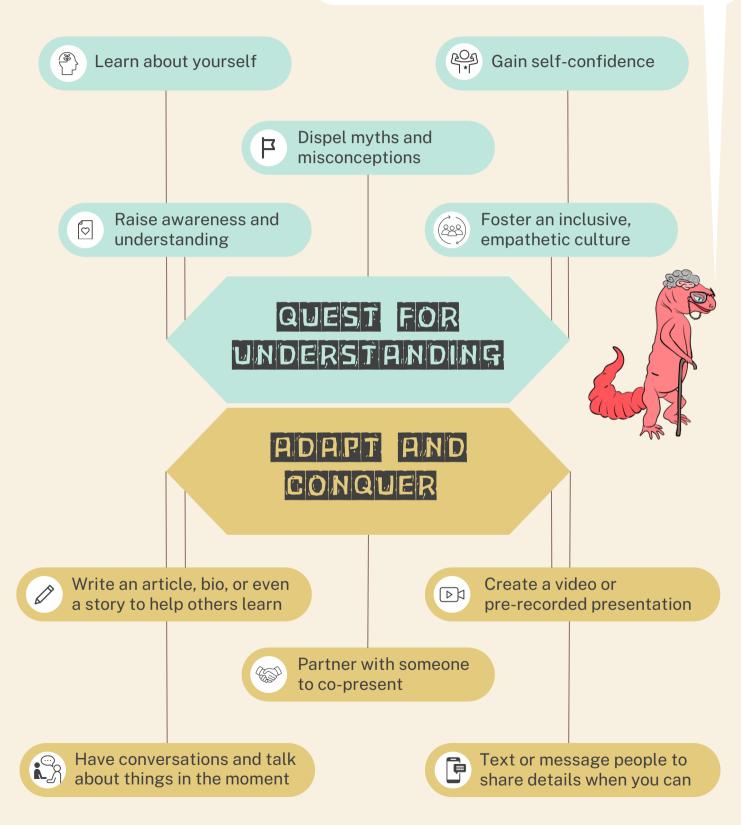


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Yeah, you will get all these positives...but it might feel scary!



MASTERING THE PRESENTATION

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

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

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THIS

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

WAYTO

Steps for creating an amazing presentation

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THINK

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

CITY

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

misunderstandings and fosters empathy and understanding.

As you wrap up your presentation, allow time for questions and open discussion. This

helps clear up

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