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**Week 2 – Self Advocacy**

**Learning Objectives Facilitator**

**Words for the week: Facilitator**

**Self advocacy** – making change for your disability community

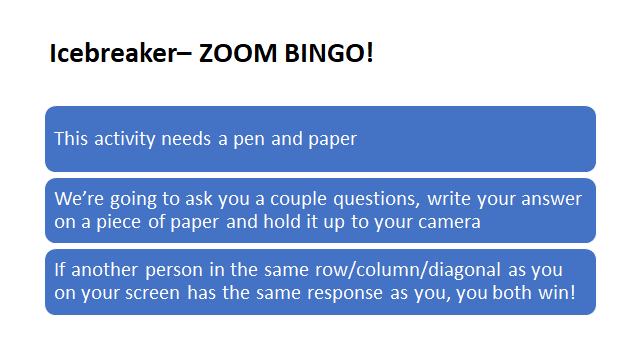
**Self Advocate** is someone who speaks up for themselves and others about their wants and needs

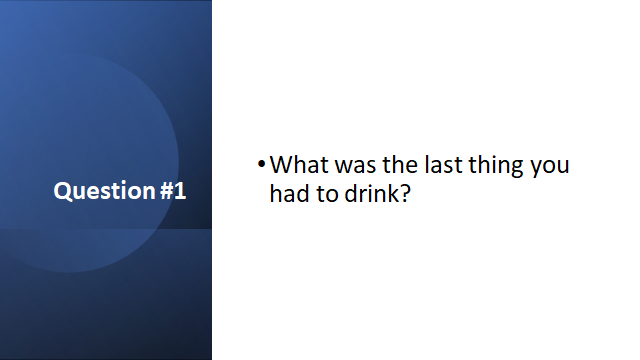
**Self-determination** –making decisions about your life and taking steps to get there, you can ask for help if you need it

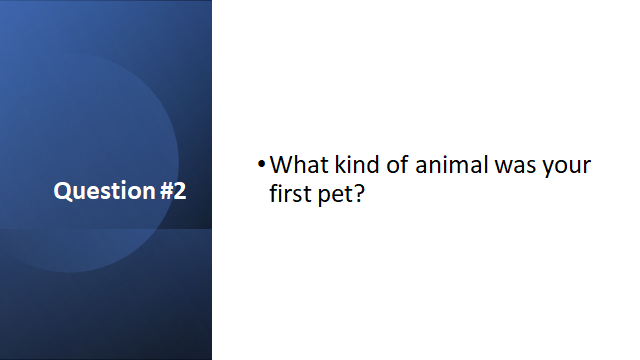
**Independence** – freedom, ability to make choices and not have others tell you what to do unless you ask them to

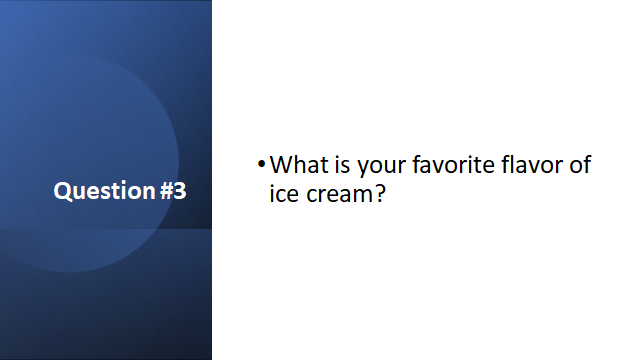
**Respect** – other people are important, treat others how you want to be treated

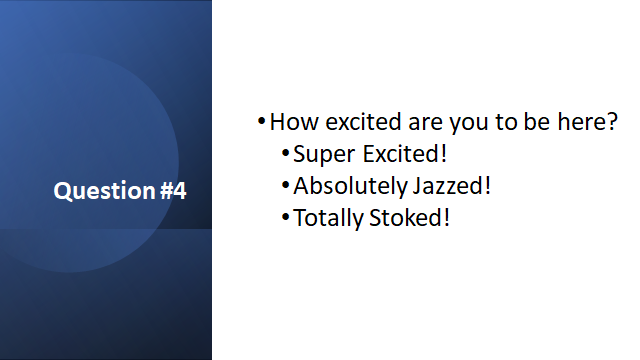
1. Group discussion: Introduction Icebreaker **20 minutes Facilitator**





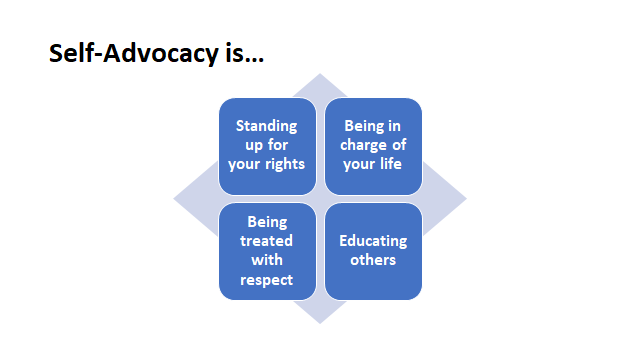




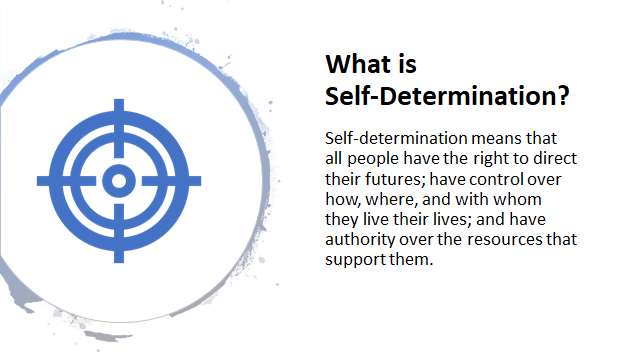


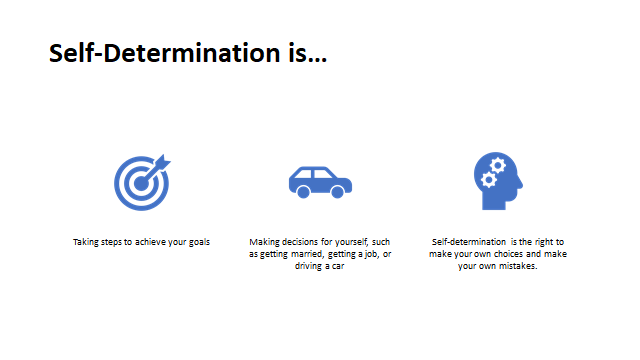
1. Group discussion: What do you hope to learn about this training? Put in chat and let people know if they want to share live or put in the chat. **Facilitator**
2. Presentation: What is self advocacy all about? **Facilitator**
   1. Big stuff: closing institutions, advocating for the ADA, etc.
   2. Little stuff: examples from people’s personal lives





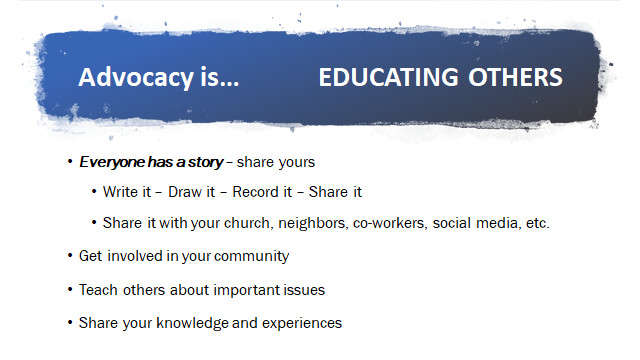


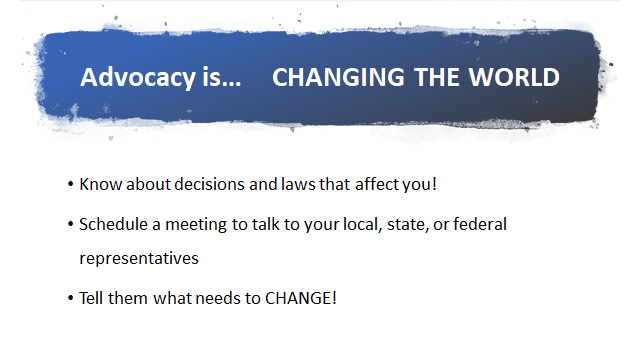




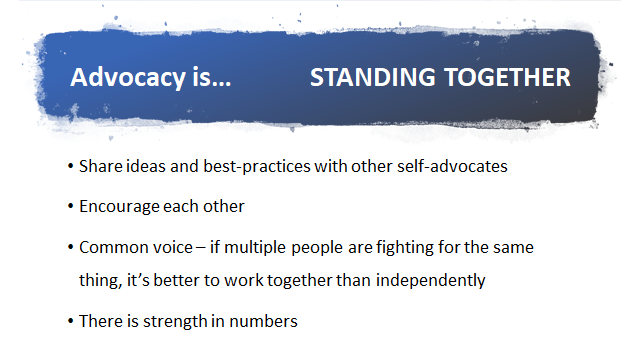














1. Small group discussions and large group reports: **Facilitator**
   1. What are examples from your life of self advocacy?
   2. When has self advocacy been difficult? How did you handle that?

5. What’s next? **10 minutes Facilitator**

Watch a self-advocacy video from SARTAC library

[**https://www.selfadvocacyinfo.org/self-advocacy/**](https://www.selfadvocacyinfo.org/self-advocacy/)