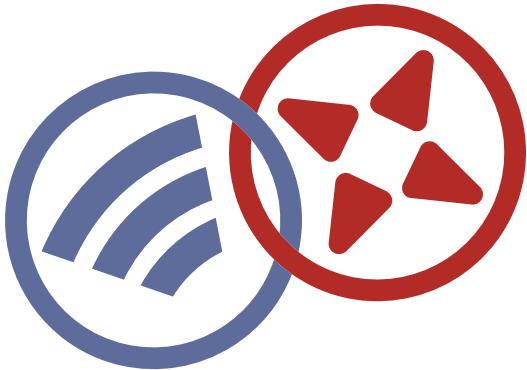


# CENTER ON **YOUTH VOICE** **YOUTH CHOICE**



## Week 2 Self-Advocacy & Self-Determination

### YOUTH AMBASSADOR CURRICULUM

#### WEEK 2: SELF-ADVOCACY & SELF-DETERMINATION

**CENTER ON YOUTH VOICE YOUTH CHOICE**

**I WANT TO LEARN...**

- HOW TO BE A GOOD ADVOCATE
- HOW TO TELL GOOD STORIES AS PART OF ADVOCACY
- HOW TO HELP PEOPLE WHO ARE IN DANGER
- HOW TO GET MY OWN HOUSE & GET GOOD GRADES
- HOW TO TALK TO PEOPLE WE DON'T KNOW TO SHARE INFORMATION
- HOW TO BELIEVE IN MYSELF & SPEAK UP
- WAYS SOMEONE LIKE ME CAN HELP OTHER PEOPLE
- HOW TO STAND UP ON OUR OWN FEET WITH OUR OWN IDEAS & GOALS
- HOW TO ACTIVELY LISTEN & KNOW WHEN TO CONTRIBUTE TO THE CONVERSATION
- HOW TO TALK IN PUBLIC WITHOUT GETTING NERVOUS
- WHAT OTHERS ARE DOING TO BECOME BETTER ADVOCATES
- FIND OUR OWN FUTURES
- FREE BRITNEY
- HOW TO MAKE POWERPOINTS & GIVE GOOD PRESENTATIONS
- WHAT ARE MY DREAMS?
- SPEAKING UP FOR YOURSELF & OTHERS
- ADVOCACY CHANGES THE WORLD
- IT TAKES TIME TO CREATE CHANGE
- STANDING UP FOR YOUR RIGHTS
- STANDING TOGETHER

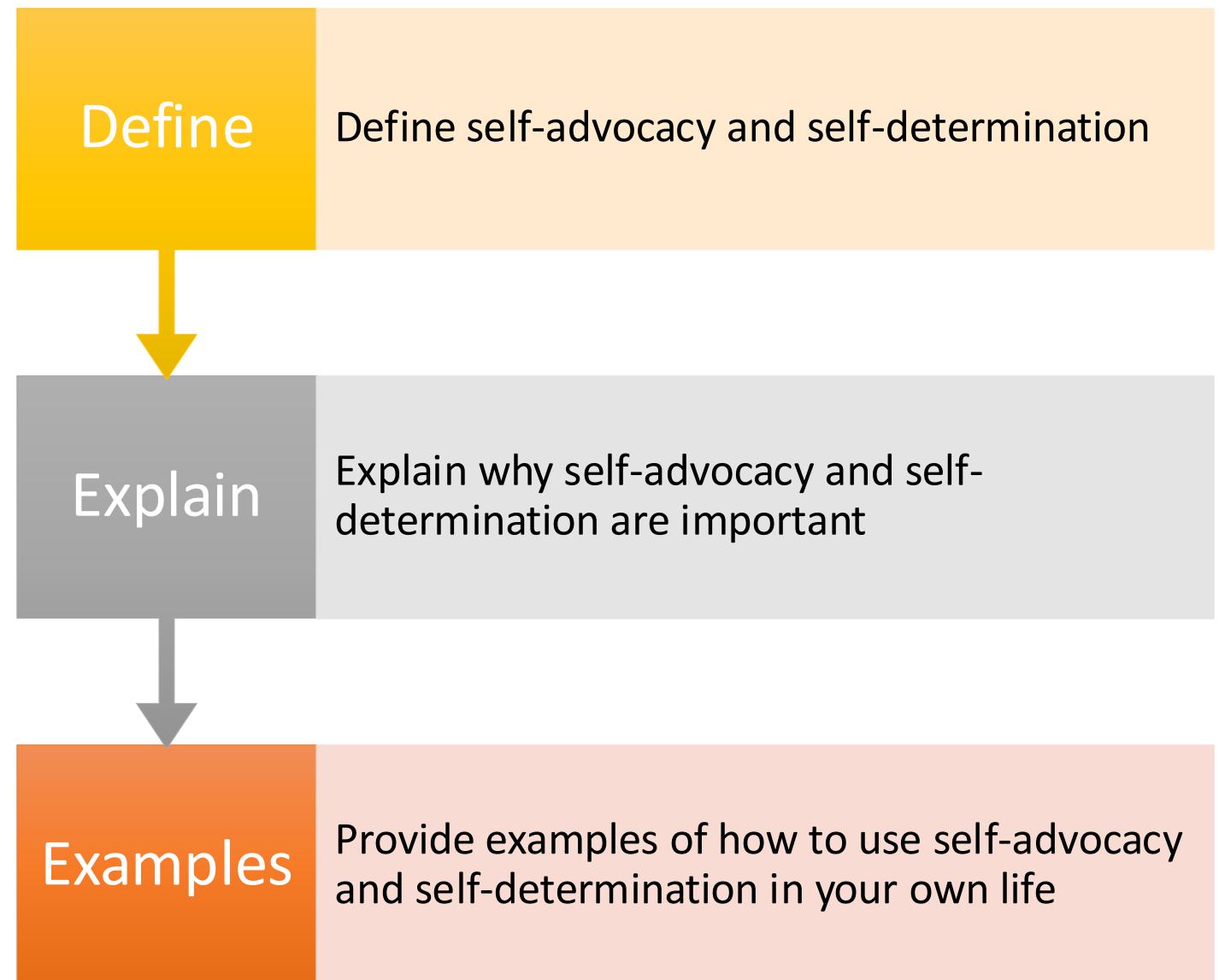
SELF- DETERMINATION

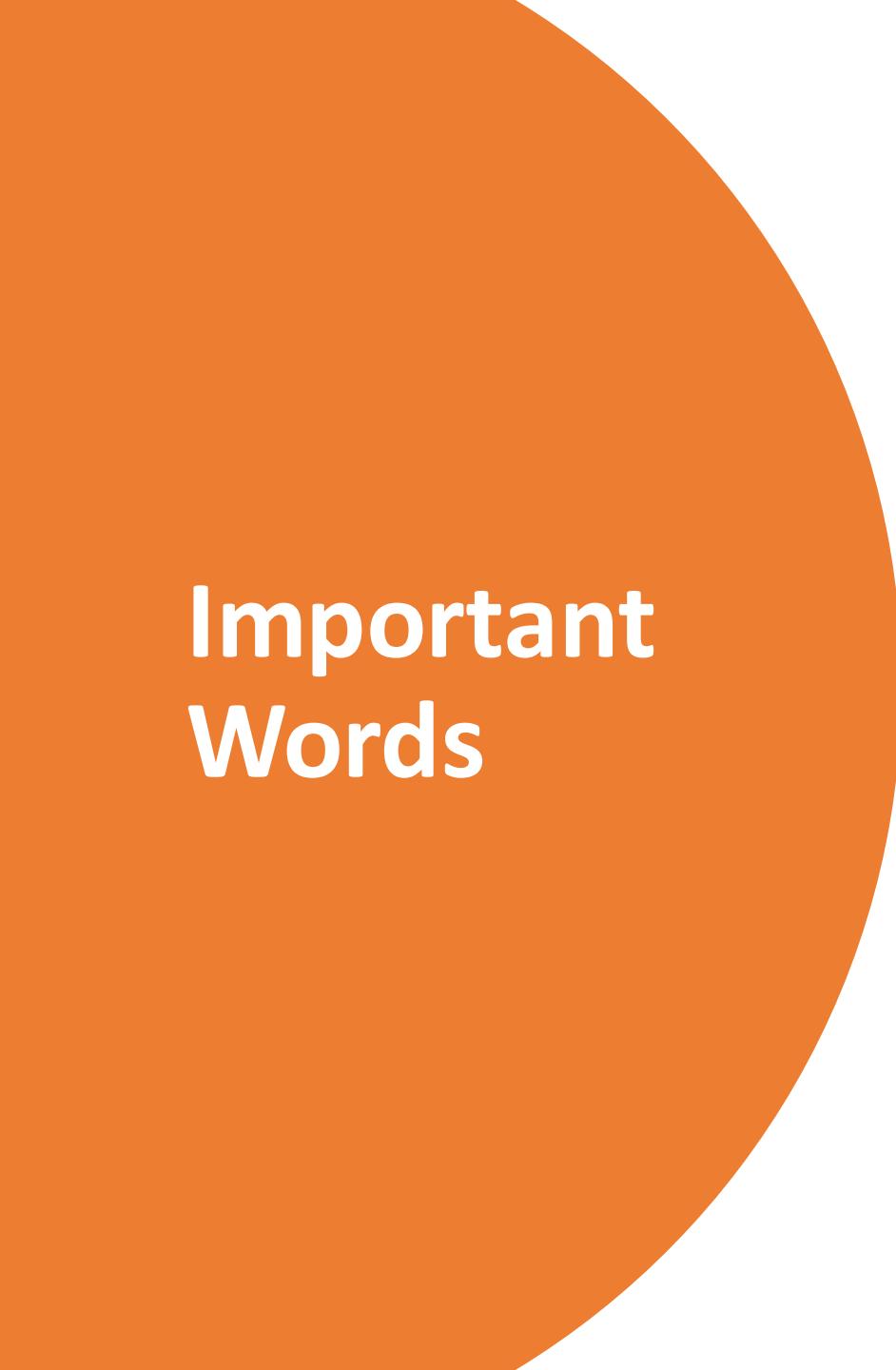
ALL PEOPLE HAVE THE RIGHT TO DIRECT THEIR FUTURES

SELF-ADVOCACY COMMUNICATING YOUR OWN INTERESTS, DESIRES, NEEDS, & RIGHTS!

Artwork courtesy of Gabby Melnick with Sangha Unity Network

# Learning Objectives



A large, solid orange circle is positioned on the left side of the slide, overlapping the white background. It is centered vertically and has a smooth, rounded edge.

Important  
Words

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Self-Advocacy

---

Self-Determination

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Independence

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Respect



# What is Self-Advocacy?

Self-advocacy is communicating your own interests, desires, needs, and rights.

It is telling other people that you have the right to live your life the way you choose.

It is making informed decisions and taking responsibility for those decisions.

# Self-Advocacy is...

**Standing up for your rights**

**Being in charge of your life**

**Being treated with respect**

**Educating others**

# Why is Self-Advocacy Important?

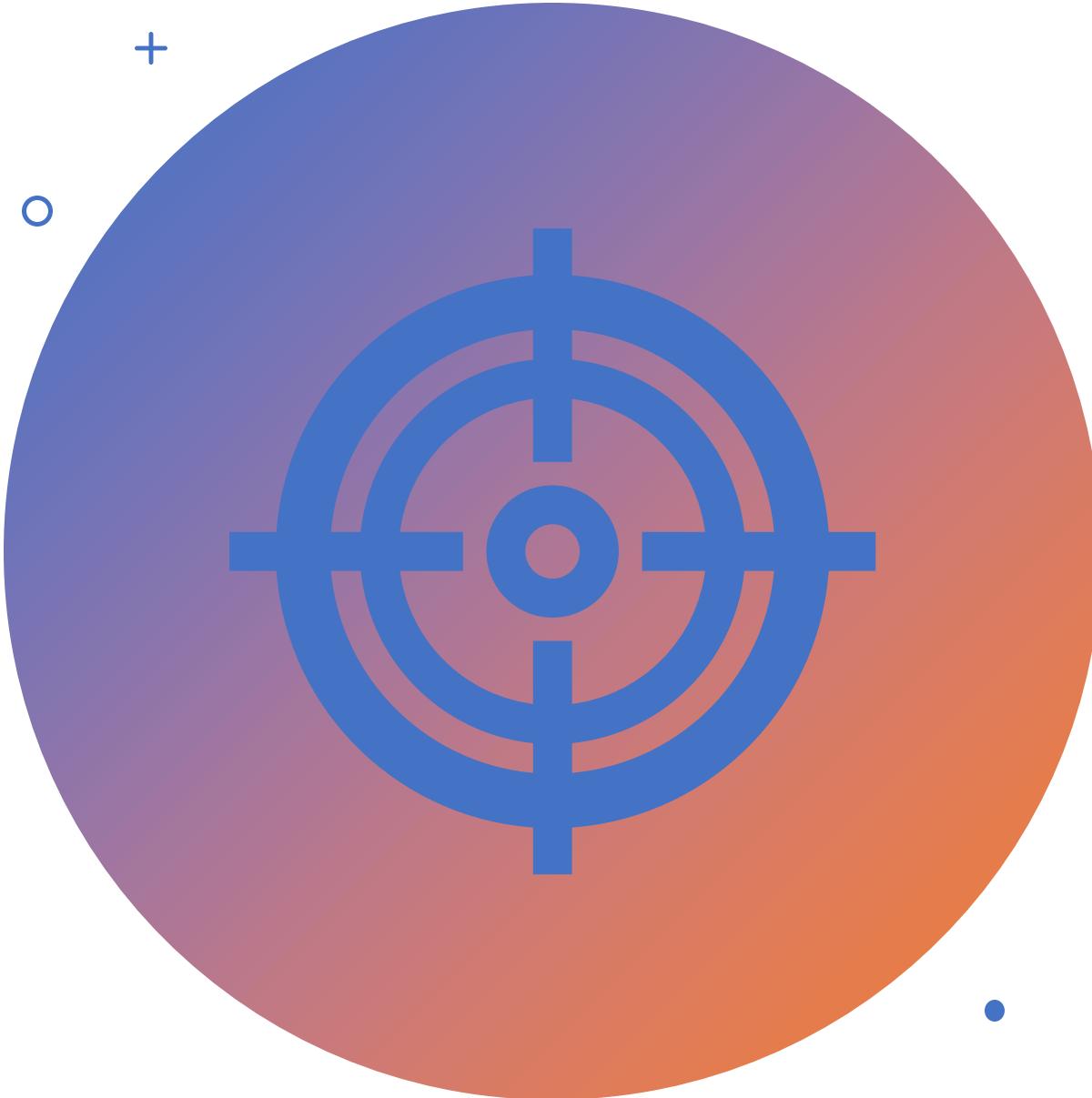
You are able to make your OWN choices!

Set your own GOALS

It may not happen if you don't speak up

Your voice COUNTS – use it

Change takes time... it needs a dedicated voice



# What is Self- Determination?

Self-determination means that all people have the right to direct their futures; have control over how, where, and with whom they live their lives; and have authority over the resources that support them.

# Self-Determination is...

Taking steps to achieve your goals

Making decisions for yourself, such as getting married, getting a job, or driving a car

Self-determination is the right to make your own choices and make your own mistakes.

# Advocacy is... **SPEAKING UP FOR YOURSELF**

Tell people what you want for YOUR life

- Where do you want to live?
- How do you want to spend your day?
- Do you want to work?
- What are your dreams?
- What do you want for your future?



# **Advocacy is... SPEAKING UP FOR OTHERS**

- Stand up if you see someone being hurt or disrespected
- Look for ways to help others, even if it doesn't impact you
- Show pride for who you are
- Teach others to speak up for themselves



## Advocacy is... EDUCATING OTHERS

- *Everyone has a story* – share yours
  - Write it – Draw it – Record it – Share it
  - Share it with your church, neighbors, co-workers, social media, etc.
- Get involved in your community
- Teach others about important issues
- Share your knowledge and experiences



# Advocacy is... CHANGING THE WORLD

---

1

Know about decisions and laws that affect you!

2

Schedule a meeting to talk to your local, state, or federal representatives

3

Tell them what needs to CHANGE!

# Advocacy is... **COMMITMENT**

- It takes *time*
- It takes *work*
- It takes *effort*
- It can be *serious...* and *fun*

# Advocacy is...

## STANDING TOGETHER

Share ideas and best-practices with other self-advocates

Encourage each other

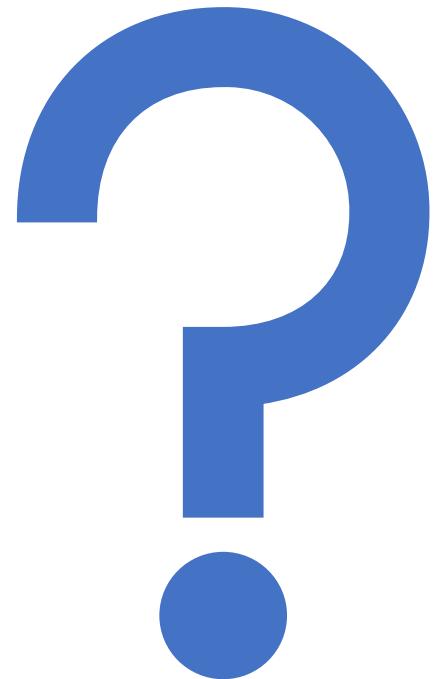
Common voice – if multiple people are fighting for the same thing, it's better to work together than independently

There is strength in numbers

## In Review

- Self-advocacy is standing up for your rights
- Self-determination is taking charge of your life
- People with disabilities have the right to make decisions that shape their life today and tomorrow





Questions?

## About

The Center is a project of the Institute for Community Inclusion at UMass Boston (ICI) in partnership with:

- Center for Public Representation (CPR)
- Self Advocates Becoming Empowered (SABE)
- Human Services Research Institute (HSRI)

in consultation with experts from:

- Harvard Law School Project on Disability
- Georgia Advocacy Office

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The content of this document does not necessarily represent the policy of ACL or HHS.

### For more information

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The Youth Ambassador Curriculum was written and administered by Self Advocates Becoming Empowered in consultation with CYVYC partners.

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