

# DDWA Self Advocacy Program

## WORKBOOK



### Session 3. How to Self Advocate



**ADVOCACY**



**KNOWLEDGE**



**COMMUNITY**

**DEVELOPMENTAL DISABILITY** *wa*

**This book belongs to:**

# Tools we need for Self Advocacy



## Step 1:

Get to know yourself



## Step 2:

Learn your rights and Responsibilities



## Step 3:

Speak Up!



## Step 4:

Team Up!

# What is Self Advocacy?

|                                                                                                                    |                                                                                                                                              |                                                                                                                                   |                                                                                                                              |                                                                                                           |                                                                                                                                      |                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Speaking up for yourself.</p> |  <p>Staying informed and knowing how to get information</p> |  <p>Knowing your rights and responsibilities</p> |  <p>Finding people who will support you</p> |  <p>Solving problems</p> |  <p>Reaching out to others when you need help</p> |  <p>Taking control of your own life = self determination</p> |
| <p style="text-align: right;">@carlameyrink</p>                                                                    |                                                                                                                                              |                                                                                                                                   |                                                                                                                              |                                                                                                           |                                                                                                                                      |                                                                                                                                                 |

A small illustration in the top left corner shows a hand holding a pencil, positioned as if about to write on the first line of the page. The page is filled with horizontal lines for writing.

# How can I Self Advocate?

Self Expression -I express my feelings and assert my opinions

Self determination-I make decisions for myself and make plans for my own life

Self Confidence-I take responsibility for asserting my own rights and the rights of others

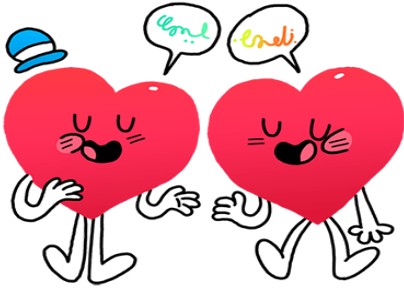
Self reliance-I do things for myself whenever I can

Self development-I have goals and dreams and I am going to achieve them

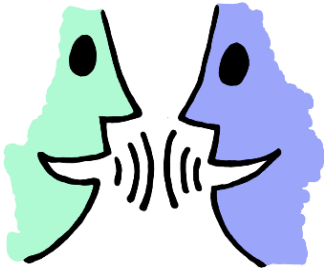
Self Esteem- I feel good about myself and believe I can make a difference



# Self Expression



I express my feelings.



I let others know my opinions.



Can be through words, clothing and hairstyle, writing, drawing, music and dance.



Self expression can help you to show your true self-your story, your thoughts, feelings and emotions.

# Self Determination



I make decisions for myself.



I make plans for my own life.



I am working to reach my goals.

# Self Confidence



I have trust in my own ability.

I have belief in my own ability.



I know my good qualities.

I know my worth.

I know my strengths.

I am nice to myself.



I do my best.

# Self Reliance



I think independently.

I can do things for myself whenever I can.



I can manage my time.



I can tidy up after myself.



I can ask for help if I need to.

I can complete what I begin.

# Self Development



I have goals and dreams and  
I am going to achieve them.



I can learn a new skill.



I can overcome a bad habit.

# Self Esteem



Remember the things that make you happy.



Count the things you've done well at.



Remember your gifts and talents.

# Remember when Speaking up



Recognise my feelings-don't bottle them up.



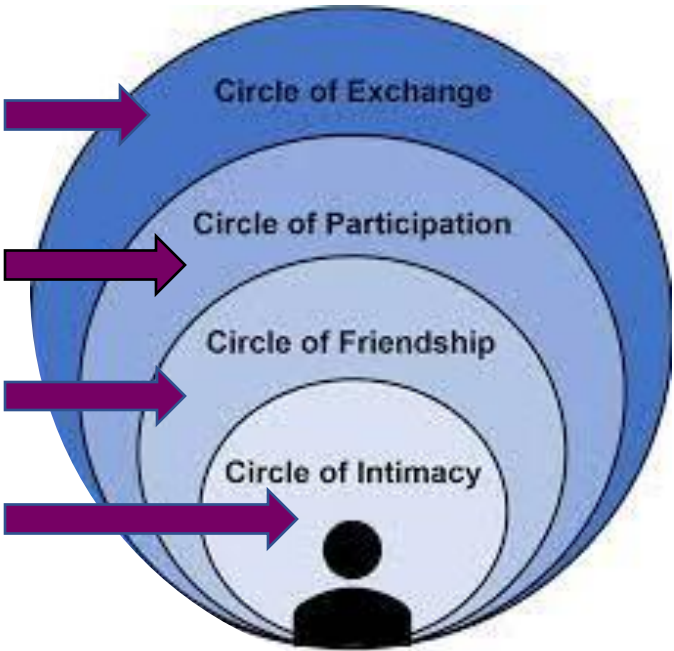
Learn to express our feelings and Identify the issue.



Speak up and seek out someone you trust for support.

Circles of Support- the closer in, the more they are someone you trust, who could support you.

- Social Media Friends
- Community members
- Support workers
- Your friends
- Your family
- Carers



Handwriting practice lines consisting of ten horizontal lines for writing.

# Remember our Self Advocacy Tools



1. Know your rights.



2. Feel confident to speak up.



3. Get help from someone you trust.



4. Decide what you need and want.



5. Ask for it

# Video: Self Advocacy



# What makes for a good life?



# Things that help you have a good life



## What do you like to do?

Hobbies and interests

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School, work, volunteering

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Learning new skills

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# Friends and Family



# Who's in your circle?

A small illustration in the top-left corner shows a hand holding a yellow pencil, writing on a notepad. The notepad has some faint, illegible text on it. The hand is wearing a light blue sleeve.

# Things that help you have a good life



## Self Direction

What choices do you want to have?

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## Feeling valued

What makes you feel valued?

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## Health

How do you keep healthy and feeling good?

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# What things are important TO me?



Sports team

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Music

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Holidays

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# What things are important FOR me?



Exercise to stay healthy

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Take my medicine

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Go to the dentist

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# What makes a GOOD day for me?



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# What makes a BAD day for me?



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# Practice our Self advocacy skills



- Someone says, “he takes 2 sugars in his coffee.”
- Someone comes into your bedroom without knocking.



- Someone keeps doing things for you that you can do yourself.
- Someone takes your lunch.



- Someone tells you that you can't go out.
- Someone says you can't vote.

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# REMEMBER



You are the most important person in your life.

Start to practice your self advocacy skills.

Start thinking about your dreams, goals and needs.