



**Speaking  
Up For Us**  
sufumaine.org

# Self Advocacy

## Knowing Yourself

Learn about you. What you like, want, and dream. Set goals for yourself.



## Staying Informed

Keep up to date on info. Know how & where to find resources.



## Decision Making

Gather info to make an informed decision of what you want.



## Asking for Help

Asking for help is ok. We all need help sometimes. What do you need help with?



## Speaking Up

On issues, about what you want in your life, about injustices, or for others who cannot speak for themselves.



# SELF DETERMINATION



## Knowing Your Rights

Learn about your rights and what to do if you think your rights have been broken.



## Finding Support

Who can support you? Friends, Family, Neighbors, Support Staff? Find support that works for you.



## Problem Solving

Identify and sort out problems. Use your skills to find ways to solve the problems.



## Leadership

Take charge of your own life. Be responsible and set goals to accomplish. Be determined.



## Taking Action

Do something to make a change in your life, or the life of others.