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.
- **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.