

What a Self-Advocate looks like

Speaks up

Shows up and does what they say they will do

Has courage even when they are scared

Not afraid to disagree

Learns new skills

Cares about and is active in their community

Steps up to advocate without being asked

Advocates for others, too

An everyday person with a little extra courage

ME!

Speaks truth to power

Mentors new self-advocates

How to support a Self-Advocate

Start teaching youth about self-advocacy early **Create a safe place where people can disagree**

Recognize that I am the expert about me

Wait to be asked

Help me reach out to new self-advocates

Pay me for my advocacy services, just like you pay others for their work

Don't punish me for my opinions or self-advocacy

Respect my opinion

Support and advise me,

but know that I make the choices about me

Have self-advocates at the table the

first time and every time

Put me first, not my disability

Always include a self-advocate as an expert when disabilities are discussed