Self-Advocacy from Grade 6-8

Handbook and Profile

Strength lies in differences, not in similarities”
— Stephen R. Covey
Self-Advocacy for Success!

Self-Advocacy means:

- **Knowing**: You are your own expert
- **Saying**: You have the right to speak up for yourself
- **Doing**: You know how to take actions on your own behalf

A successful self-advocate:
- Has a plan
- Is determined, confident, and respectful
- Knows how to access resources
- Effectively solves problems

REMEMBER SELF-ADVOCACY!

1. **KNOW YOURSELF** (more information in part 1)
2. **KNOW HOW TO COMMUNICATE** (more information in part 2)
3. **KNOW YOUR RIGHTS** (more information in part 3)
PART 1: KNOW YOURSELF

✓ You are your own expert!

What are my strengths?

1.
2.
3.
4.
5.

How do I learn best?

1.
2.
3.
4.
5.

What are my needs?
PART 2: Know How To Communicate

Get REAL!

RESULTS FROM
EFFECTIVE AND
ACTIVE
LISTENING

USE ASSERTIVE COMMUNICATION!

This means that you should explain your needs and wants clearly, and respectfully.

✓ Use “I” Statements
✓ Listen without interrupting
✓ Feel in control of yourself
✓ Stand up for your rights

Assertive Non-Verbal Communication has:
✓ Good eye contact
✓ Calm level, tone of voice
✓ Respects personal space
✓ Respectful listening
PART 3: KNOW YOUR RIGHTS AND RESPONSIBILITIES

The rights and responsibilities are shared between you, the Disability Services staff and your professors.

Know your Rights!
- According to the Ontario Human Rights Code (A law in Ontario), you have the following rights:
  - Access to education should be barrier free
  - All schools have a duty to accommodate
  - Dignity and respect

Know your Responsibilities!
1. You have the responsibility to be a Self-Advocate. 😊
2. You are responsible for your learning experiences!
   a. Be successful by being prepared with what you need for class.
   b. Enjoy your school community by participating in activities that interest you. If you do not have one, take initiative and start your own club/activity. 😊
   c. You are responsible for helping to make a safe-environment in your high school.
REMEMBER

Advocating is about:

✔️ **Knowing**: You are your own expert
✔️ **Saying**: You have the right to speak up for yourself
✔️ **Doing**: You know how to take actions on your own behalf

*BELIEVE* in yourself. Think positively and *never say never*. Your support community are on your side and they are there to help you to be successful in your education. *They are on your team!*
I can speak up to describe myself to others!

*Everybody’s different.*

*Everybody’s better at some things than on others.*

*What I like, what I am good at and what I need help with makes me unique.*

Here is what I would say when somebody asks me the questions below:

“**What activities do you like?”**

“**What activities can you do by yourself?”**

“**What activities do you need help with?”**

“** Everybody’s different. What makes you different?”**

Questions adapted from: Palmer and Wehmeyer (2002). *A Parent's guide to the self-determined learning model for elementary school student*
I can speak up to ask for help!

Everybody needs help sometimes.
I help others and others help me.

Here is what I would say when somebody asks me the questions below:

“Name the people you help in school. What do you do for them?”

“In school, who can you ask when you need something?”

“Name the people you help at home or in your community. What do you do for them?”

“At home or in your community, who can you ask when you need something?”

“How do you ask people when you need something?”

Questions adapted from: Palmer and Wehmeyer (2002). A Parent’s guide to the self-determined learning model for elementary school students
I can speak up to ask a question!

Nobody knows everything. Asking questions can help me find an answer.

Here is what I would say when somebody asks me the questions below:

“When do you ask questions at school or at home?”

“What do you do to get people’s attention when you have a question?”

“What do you do to communicate better?”

Questions adapted from: Palmer and Wehmeyer (2002). A Parent’s guide to the self-determined learning model for elementary school students
About Me

“Today you are You, that is truer than true. There is no one alive who is Youer than You.” —Dr. Seuss

Name: ________________________________

My Birthday is on: ______________________

I would like to learn how to: ________________________________

______________________________________________________

I am proud of myself because: ________________________________

______________________________________________________

A welcoming class looks like: ________________________________

______________________________________________________

A great teacher: _________________________________________

Insert photograph of student or pictures/collage that represent the student.