



# Strength in Self Advocacy

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# Why are we here?

## Why Advocate?

"Unless someone like you cares  
a whole awful lot, Nothing is  
going to get better. It's not."

- Dr. Seuss, The Lorax



# Today's Agenda

- ▶ Define self advocacy and why its essential
- ▶ Powerful Message 😊
- ▶ Discuss ways to build self advocacy at home
- ▶ Problem solving scenarios/ACTIVITY at home
- ▶ VIDEO and discussion
- ▶ Questions/comments/concerns

# What is self advocacy and why is it important?

At its HEART <3, it is the ability to communicate your needs.

Self-advocacy has three key elements:

- ▶ **Understanding** your needs
- ▶ **Knowing** what kind of support might help
- ▶ **Communicating** these needs to others

\*Self-advocacy also creates independence. And it empowers people to find solutions to problems that others might not be aware of.



When you figure out what you need  
you can be your best.....

▶ [https://www.youtube.com/watch?v=4p5286T\\_kn0](https://www.youtube.com/watch?v=4p5286T_kn0)

# Critical life skill...self advocacy

Self-advocacy helps children:

- ▶ Obtain what is helpful for them
- ▶ Be involved in the decision-making process
- ▶ Learn to say no and be okay with it
- ▶ Respectfully express disagreement or a different opinion
- ▶ Help prevent any bullying they experience

# How to build self advocacy at home

- ▶ Identify strengths and needs
- ▶ Role play at home before difficult encounters
- ▶ Give them the language to use
- ▶ Brainstorm alternative ways to speak up
- ▶ Practice using their voice in everyday situations

Activity...so let's practice



**Let's Do This!**

# VIDEO

<https://www.pbs.org/video/arthur-arthur-bully/>

- ▶ I want you to listen to this short video example and first think about how you would feel if it was your child.
- ▶ Then tell me what you would do, or would want to tell your child to do in this scenario

Thank you so much for coming!

Be bold enough to  
use your voice,  
brave enough to  
listen to your heart,  
and strong enough  
to live the life you've  
always imagined.

# Resource page

- ▶ <https://www.pacer.org/bullying/info/questions-answered/self-advocacy.asp>
- ▶ <https://www.connectionsacademy.com/support/resources/article/become-an-anti-bullying-advocate/>
- ▶ <https://parents-together.org/how-to-teach-your-child-to-advocate-for-themselves/>
- ▶ <https://www.dshs.wa.gov/sites/default/files/ALISA/tbi/documents/Speak-UpSelfAdvocacyWorksheets.pdf>
- ▶ <https://www.nytimes.com/guides/smarterliving/help-your-child-succeed-at-school>