

Self-Advocacy 102



The Idaho Self-
Advocate Leadership
Network



University of Idaho
College of Education, Health and Human Sciences

The Purpose of This Training is:

- ▶ To further educate and empower you on your self-advocacy journey.
- ▶ To share examples of respectful, positive behavior and negative, angry behavior.

Remember...

Self-Advocacy is...

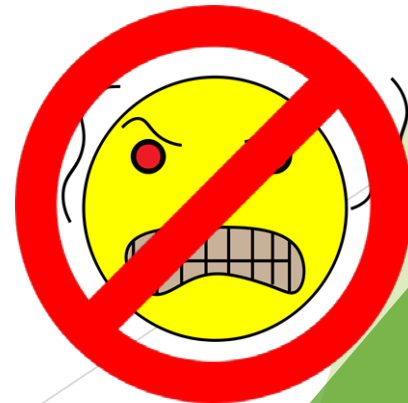
- ▶ Speaking up for yourself.
- ▶ Making choices in your own life.
- ▶ Helping other people with disabilities learn to speak up for themselves.
- ▶ Taking responsibility for your actions.



Remember...

Self-Advocacy is Not...

- ▶ Getting your way all the time.
- ▶ Talking over people.
- ▶ Treating people differently because their disability is different than yours.
- ▶ Always easy and fair.



4 New Words to Know

- ▶ Respect
- ▶ Assertive
- ▶ Passive
- ▶ Aggressive



What is Respect?

- ▶ Treating others the way you want to be treated.

BE COMPASSIONATE
BE KIND THE "R" WORD **BE NICE**
HURTS
BE CONSIDERATE

THE NEW "R" WORD IS
RESPECT
stand up for those who cannot stand up for themselves

Example of Showing Respect

If someone uses a wheelchair, often it's polite to be on a similar eye level with them.



What is **Assertive**?

- ▶ People honestly tell others how they feel and what they need.



Example of Being Assertive

Standing up for yourself in a respectful way.



STAND UP FOR YOURSELF

What is **Passive**?

- ▶ People let others make their decisions for them. They don't express their own opinions.



Example of Being Passive

Allowing others to make decisions for you.



What is Aggressive?

- ▶ People take control and don't think about other people's opinions or rights.



Example of Aggressive

Being rude and bossing somebody around. It's not nice!



True or False Quiz

- 1) If you learn to be assertive, you are more likely to get what you want.
- 2) Assertive people don't listen to other people. That's only what passive people do.
- 3) You are assertive when you openly and honestly express your thoughts and feelings.

True or False Quiz

- 4) You are assertive when you stand up for your rights.
- 5) You are assertive when you put other people's needs ahead of your own.
- 6) When you communicate assertively, you avoid looking people in the eye.



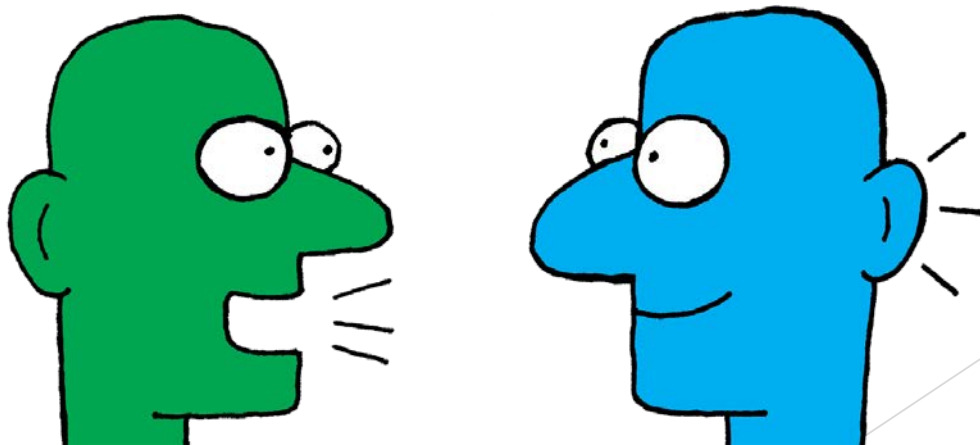
True or False Quiz

- 7) If you aren't born assertive, you'll never become assertive.
- 8) When using assertive communication, you might feel uncomfortable.
- 9) To be assertive you may need to get in someone's face and threaten him/her.
- 10) After using assertive communication you feel proud.

Bonus Point!

True or False...

- ▶ If you're assertive enough you can change the mind of someone in a position of authority all by yourself.



A Quick Review

- ▶ **Respect** is treating others the way you want to be treated.
- ▶ **Assertive** means people honestly tell others how they feel and what they need.
- ▶ **Passive** means people let others make their decisions for them. They don't express their own opinions.
- ▶ **Aggressive** means people take control and don't think about other people's opinions or rights.

Stop and Think...

Do you act mostly respectful and assertive?

Or do you act mostly passive, or aggressive?



Remember...

- ▶ One of the key skills to self-advocacy is assertiveness and
- ▶ “Nothing about us, without us.”



THANK YOU FOR VISITING!!!

Hope you enjoyed the training today!
For more training videos and
information on self-advocacy and
related topics, please visit:

<https://idahocdhd.org/isaln/>