



AYA Strategies for Successful Self- Advocacy

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What does
self-advocacy
mean to you?





Self-Advocacy Is . . .SO Many Things!

- Expressing Yourself
 - Sharing and communicating
 - Your needs
 - Your rights
 - Your desires
- Paving the road for others
- Different from Legislative Advocacy





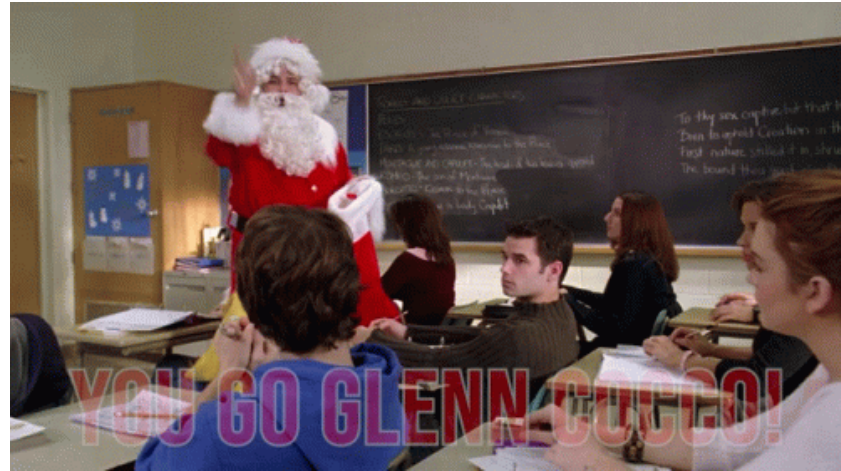
Self-Advocacy Is. . .

- Knowing Yourself
 - Self-awareness
 - Strengths and challenges
 - Level of comfort and discomfort



Self-Advocacy Is. . .

- Being Kind to Yourself
 - A Big Deal!
 - Good job!
 - Courageous
 - Hard
 - Does the reward outweigh the risk?
 - Self-compassion



Self-Advocacy Is . . .

- Different from Legislative Advocacy! (but the same principle still apply!)
 - Shapes public policy on the state and federal levels
 - Issue driven to shape long - term policy or legislative agendas





Self-Advocacy In Different Systems

Express Yourself
Know Yourself
Be Kind To Yourself

Healthcare

Insurance

Education / Academic

Employment / Career

Family / Friend / Peer-Group



Self-advocacy
builds community with peers,
reduces isolation,
and creates opportunity for
validation and acceptance.





Express Yourself

Know Yourself

**Be Kind To
Yourself**



Discussion Questions

Please start by sharing your name, age, location, and diagnosis / treatment status.

- Think of a challenging experience you had with self-advocacy.
 - What was this like for you?
 - What did you take from this experience?
- Self-advocacy is hard AND we can do hard things. What does successful self-advocacy mean to you?