



Successful Self-Advocacy Strategies for Teens, Young Adults, and Families

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What is self-
advocacy?



Speaking up for yourself

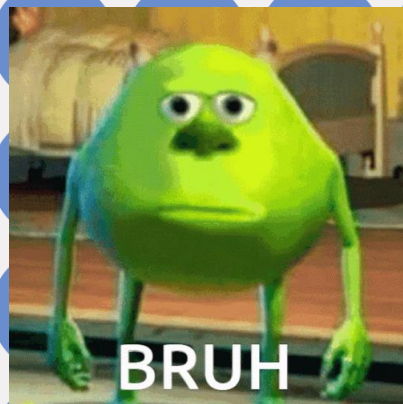
What you need

What you want

What you deserve

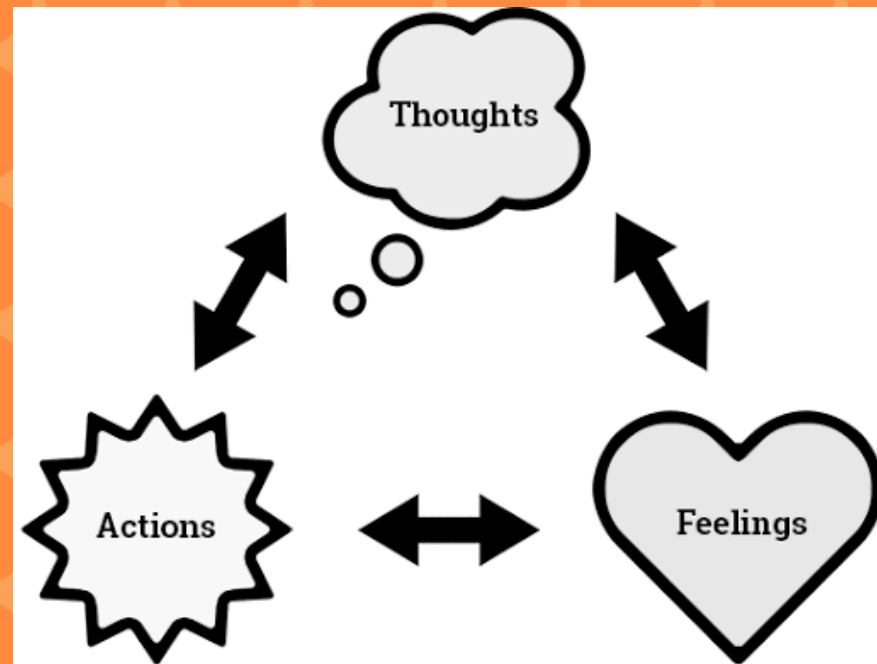
How does
speaking up for
yourself make
you feel?





Let's break it down

- How do I feel?
- What do I think?
- What will I do?



Step 1: Identify how you feel

I feel ____ when I need to speak up for myself

- Scared
- Happy
- Angry
- Confident
- Annoyed
- Nervous



Step 2: Understand your thought process

I feel scared. I can't do this.

I feel happy. I like doing this.

I feel angry. I hate doing this.

I feel confident. I want to do this.

I feel annoyed. I shouldn't have to do this.

I feel nervous. I'm going to mess this up and it won't turn out.



Step 3: What will you do

I feel scared. I can't do this. I will ask for help.

I feel happy. I like doing this. I will keep doing this.

I feel angry. I hate doing this. I will ask for help.

I feel confident. I want to do this. I will keep doing this.

I feel annoyed. I shouldn't have to do this. I will ask for help.

I feel nervous. I'm going to mess this up and it won't turn out. I will ask for help.

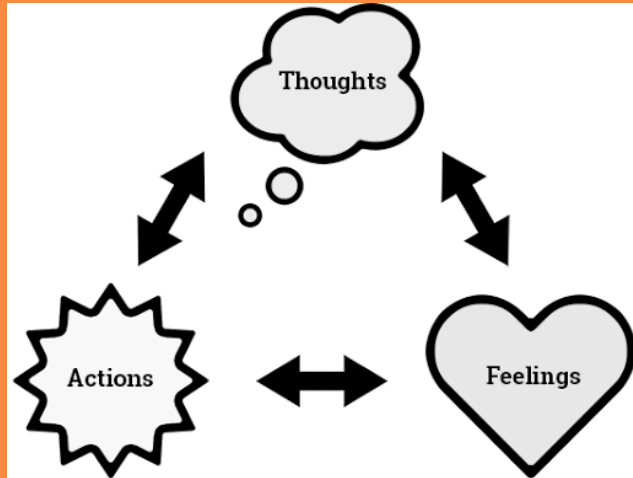


When you need or want help, who can you ask?

- Parent or guardian
- Family member
- Friend
- Nurse
- Teacher
- Child Life Specialist
- Doctor



Self-Advocacy In Different Systems



Healthcare

Insurance

School

Work

Family / Friend / Peer-Group

Self-Advocacy Is. . .

- Being Kind to Yourself
 - A Big Deal!
 - Good job!
 - Courageous
 - Does the reward outweigh the risk?
 - Helping others



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



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?