

What Is Self-Advocacy?

- Speaking up for myself
- Being assertive and respectful, not aggressive
- Self-preservation: doing things independently, but knowing when to ask for help
- Listening to myself and not needing permission from anyone else
- Researching on my own
- Using the internet and technology
- Coping with resistance or challenges
- Standing my own ground
- Turning to government agencies and knowing my rights
- Listening to others' positive statements and advice