

## What is advocacy?



“Advocacy” means ‘speaking up for someone else’



Self-advocacy is speaking up for yourself.



Self-advocacy gives people with disabilities power to control their lives.

## Self- advocacy is



Self-advocacy is saying what you want.



Self-advocacy is standing up for yourself and fighting for what you want.



Self-advocacy is understanding your rights so you can fight for them.

## Self- advocacy is



Self-advocacy is making decisions for yourself and taking responsibility for those decisions.



Self advocacy is doing things for yourself learning and getting more confidence.

## **The Forum of People with disabilities describes Self-advocacy as:**



A way people represent their own needs and concerns to improve their own situation.

A way people stand up for their civil and human rights and develop the skills needed to talk about their views and wishes