



Self-Advocacy is a civil rights movement for people with intellectual disabilities; Self-Advocacy is NOT A program.



**Self-Advocacy is People speaking-up
for what they think is important,
Self-Advocacy is NOT People sitting
around and complaining.**



**Self-Advocacy is something everyone is capable of;
Self-Advocacy is NOT Only for people who can talk.**



**Self-Advocacy is Making your case
and negotiating for what you want
Self-Advocacy is NOT Keeping
everything the same.**



Self-Advocacy is Realizing you are not alone, joining a self-advocacy group Self-Advocacy is NOT Keeping to yourself.



Self-Advocacy is Knowing your strengths, being proud and feeling strong, Self-Advocacy is NOT Putting yourself down.



Self-Advocacy is Taking risks, trying new things, Self-Advocacy is NOT Playing it safe, doing the same stuff.



**Self-Advocacy is Going after your
dreams, Self-Advocacy is NOT
Sleeping through your dreams.**



**Self-Advocacy is Making decisions,
Self-Advocacy is NOT Other people
making decisions for you.**



**Self-Advocacy is Making mistakes
and learning from them,
Self-Advocacy is NOT Not taking
any chances.**



Self-Advocacy is Being part of your community, Self-Advocacy is NOT Staying home.



Self-Advocacy is Managing your emotions so others can hear what you have to say, Self-Advocacy is NOT Staying angry.



Self-Advocacy is Being curious and asking questions, Self-Advocacy is NOT Being questioned.