



# Self-Advocacy and Self-Determination



## Engage and Empower

The more an individual shares about themselves, the more confident and stronger they become. This is especially true when it comes to making decisions about the future and asserting their rights.

## Learn Skills Early, Practice Often

Students should be exposed to, taught, and encouraged to use self-advocacy and self-determination skills as early as possible. The earlier, the better!



## Teach and Model At Home

Teachers and parents should communicate what skills they are addressing in the classroom and in the home. Sharing what works in both environments, it creates consistency and a full circle of support.



## Increase Responsibility

As the student learns and masters new skills, the team should provide opportunities to use those skills and increase responsibility. This will help the student feel confident and empowered in all aspects of their lives.



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