

# Self-advocacy

## Multicultural Peer Network



Advocacy means **speaking up**. It is about making change for yourself by speaking up.

### Types of self-advocacy

- > Self-advocates **speak up** for themselves.
- > Self-advocates believe that every person should be treated as an **equal**.
- > Self-advocacy includes the right to make **choices**.
- > Self-advocates can advocate for and defend **someone else's rights**.
- > Group advocacy can involve an **individual advocating for a group** or a **group advocating together**.

### Your rights

- > Human rights and freedoms are things we all share
- > We all have options and choices
- > People who live with a disability have the same rights as other people
- > Every person should be treated equally

## Being a self-advocate



**KNOW**  
the issue



**TALK**  
to others



**IDENTIFY**  
what change you want



**MAKE  
A PLAN**



**LEARN**  
new skills

You can **speak up for yourself** if:

- > someone treats you badly
- > a service does not support you the way they should
- > an organisation does not give you the opportunity to have your say
- > information is difficult to read or a website is hard to use
- > you want to change something in your own life.

## Making a plan

- > Be **prepared**
- > Be **clear** about what you want/need
- > **Practise** what you want to say with a family member, friend or support person.
- > Take **someone you trust** with you

## Communication

- > In person
- > Phone
- > Email

Effective communication:

- > **Verbal communication** — using your voice.
- > **Non-verbal communication** — body language, facial expressions, Auslan etc.

## > Active listening

- > **Closed questions** — Do you...? Was...? When...? Where...? Who...? How many...?
- > **Open questions** — How...? Why...? What...? Tell me more/about...

## Support people



## Resilience and advocacy

**Resilience** means **bouncing back** after difficult times, events or situations.

Building resilience strengthens your **voice** and gives you the confidence to speak up for yourself.