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

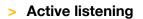
- > Be prepared
- > Be clear about what you want/need
- Practise what you want to say with a family member, friend or support person.
- > Take someone you trust with you

Communication

- In person
- > Phone
- > Email

Effective communication:

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



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





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.

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