

The Self-Advocacy Strategy

Overview

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Vocabulary:

strategy = a trick or system to help you understand information or solve problems.

commitment = when you decide you will do something, your responsibility

advocate = to speak up for yourself, to ask for what you need, helps you take control of your life

goals = things you will accomplish

accommodations = necessary changes in the way you need to accomplish something, choices for learning

active listener = someone who shows they are listening by nodding their head when appropriate, asking good question, restating what the person is saying.

positive statement = a statement which is not cutting and helps move the discussion along.

negotiate = to listen to another person's point-of-view and give and take at coming up with an agreement which all can agree.

IEP = Individual Educational Plan, a document stating your personal goals for resource room.

Annual Team Meeting = A meeting that happens at least once per year, which you are the "Chairman of the Meeting".

I Plan = An inventory and process for you to follow to better advocate for yourself.

SHARE Behaviors = Behaviors you need to use when advocating for yourself. verbal and nonverbal communication skills and behaviors.

body language = communicating without words, the way you sit, stand, look tells people how you might be feeling.

tone of voice = the way the words sound when you are talking

activate = to start something, "Activate you thinking."

eye communication = talking or communicating with your eyes.

SHARED Behaviors

S = Sit up straight.

- body language tells people a lot about how you are feeling or thinking.

H = **H**ave a pleasant tone of voice. You need to sound positive and confident about what you are saying.

A = **A**ctivate you thinking. To help you pay attention you might, 'talk to yourself in you mind throughout any conversation.'

R = **R**elax. If you look relaxed you will communicate that you are more confident. People will listen to what you have to say.

E = **E**ngage in eye communication. Looking at the eyes or face of the person you are speaking with shows that person how you feel.

I Plan

The I Plan is an inventory of you. You will need to learn this information whenever you advocate for yourself and most definitely at your annual team meeting.

STEP 1: **I**nventory your

- strengths
- areas to improve or learn
- goals
- choices for learning or accommodations

STEP 2: **P**rovide your inventory information as needed when you advocate for yourself.

Discussion needs to be on you:

- strengths
- areas to improve or learn
- goals
- choices for learning or accommodations

STEP 3: **L**isten and respond

- Listen when:
 - someone is making a statement.
 - someone is asking you a question.
- Respond when:
 - someone asks you a question.
 - you have information to add.
- Be an active listener
- Use your “SHARE” Behaviors
- Use your Inventory you created.
- Use positive statements
- Negotiate agreement

STEP 4: Ask questions:

- When you need information.
- When you don't understand something

Begin your questions with:

Who. . .

What. . .

When. . .

Where. . .

Why. . .

Which. . .

How. . .

Ask complete questions.

Ask one question at a time.

STEP 5: Name your goals

- Use the "SHARE" Behaviors
- For each goal tell:
 - What you want to accomplish in the resource room
 - What you needs you have for the resource time.
 - What are your goals for the resource room.