

Ways to Speak Up for Yourself

Talk to people in person or over the phone





Write a letter, an email, or a text



Use technology such as speech to text software or assistive technology devices



Use pictures, photos, or videos







You know yourself best! Your opinions are important! You are a self-advocate!



How to Be a Self-Advocate

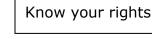


Share what you like and don't like



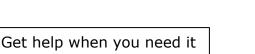
Make decisions about your life (can be with support)





Learn to problem solve









Speak up for yourself using words, print, or technology



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