

Who Is Your Support Person?



Even though self-advocacy is about speaking up for yourself to get what you need, that does not mean you have to do everything by yourself. Having a person you can go to with ideas, issues, or questions is a BIG help! In fact, asking for help is a smart!

Think about the person who can help you with practicing your advocacy skills.

For example: your counselor (DVR, case manager, social worker, guidance counselor), your teacher, your parent or other family member.

Who is someone you could ask for help? (You can have more than one person).

Talk to the person(s) you think could help you about ways they can help you learn self-advocacy skills. Keep up the great work!