



WHAT IS SELF-ADVOCACY?

1. SELF-ADVOCACY

Self-advocacy is about expressing what you want for yourself and being the boss in your own life. It is about getting to know yourself, being proud and having choice and control over the things that impact your life.

It is about making your own decisions and knowing your responsibilities.

2. GROUP ADVOCACY

Group advocacy is when a group of people come together to:

- Learn new things.
- Solve problems.
- Find resources.
- Make a case for change.
- Ask for what you want as a group.

Group advocacy is about realizing you are not alone, and finding other people who care about the same things you do.

It's about helping others become leaders to make positive changes in their own lives.

It's about teamwork!

