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)

Know your rights

Learn to problem solve

Get help when you need it

Speak up for yourself using words, print, or technology

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