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

The contents of this factsheet were developed under a grant from the US Department of Education, #H235F200001. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government Project Officer. PEATC is not a legal services agency and cannot provide legal advice or legal representation. Any information contained in this training is not intended as legal advice and should not be used as a substitution for legal advice.

PEATC - 800-869-6752 – www.peatc.org