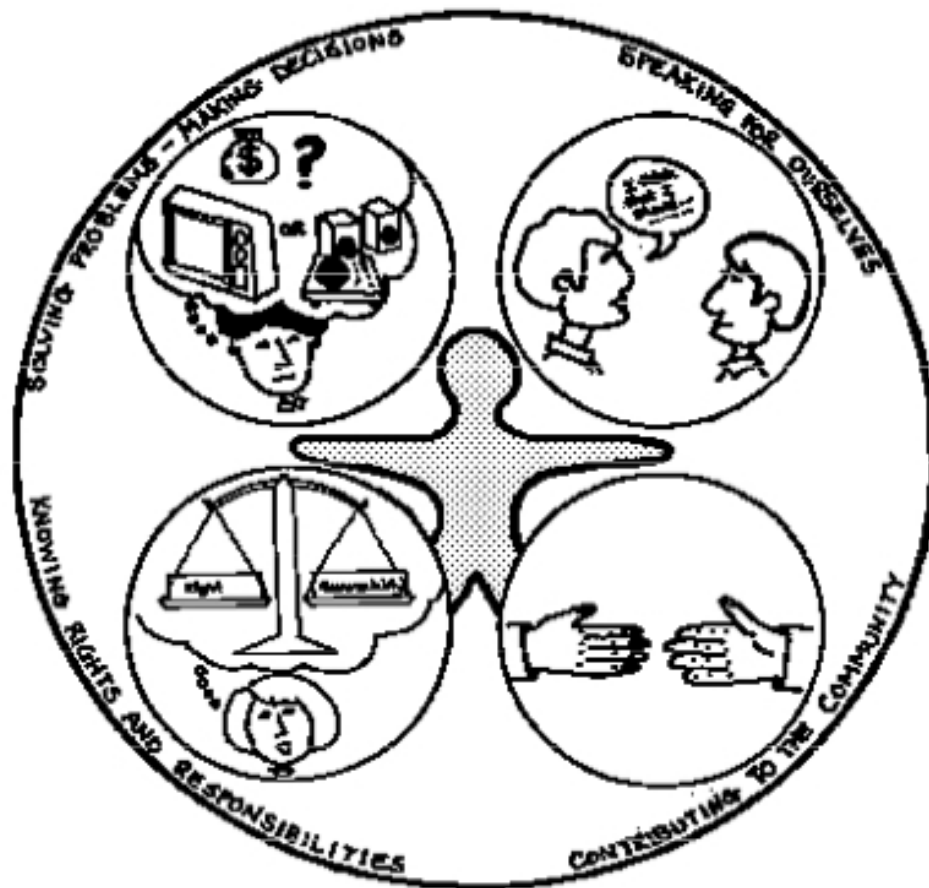


WHAT IS SELF-ADVOCACY?

"Self-advocacy" is letting our needs and wants be known to others. It means making our own decisions and speaking for ourselves.



"Self-advocates"

- Speak for themselves**
- Know their rights and responsibilities**
- Solve their own problems and make their own decisions**
- Contribute to society**

(Graphic not available in Braille. Description: A large circle with four small circles each with drawings showing the four main areas of self-advocacy as stated above.)

There are two other kinds of advocacy:

“INDIVIDUAL ADVOCACY”

“Individual advocacy” means having other people (like a family member or friend or a lawyer) represent us in difficult situations.

“COMMUNITY ADVOCACY”

“Community advocacy” means making changes in the way that laws and rules are written so that all people with disabilities benefit.

COMMUNITY ADVOCACY

is also called:

- **SYSTEMS CHANGE ADVOCACY**
- **SYSTEMIC ADVOCACY**
- Just plain **ADVOCACY**
- Or some other things, like **COMMUNITY ORGANIZING** or sometimes

“TROUBLE-MAKING”