

Self-Advocacy

/self 'advəkəsē/ , noun

the action of representing oneself or one's views or interests.



GOALS OF THE SELF-ADVOCACY MOVEMENT

- Having your **HUMAN RIGHTS** respected
- Making choices about **YOUR LIFE**
- **SPEAKING UP** for yourself
- Knowing your **CHOICES**
- Receiving **SUPPORT** when you need
- Working toward your own **GOALS**
- Having things explained in a way **YOU UNDERSTAND**

- **SPEAK UP** for themselves
- **SPEAK UP** for others
- **ASK FOR SUPPORT** when needed
- **HAVE A SAY IN DECISIONS** that affect them
- **ASK QUESTIONS**
- Learn **NEW SKILLS**
- **GET INVOLVED** in their communities
- Use **PERSON FIRST LANGUAGE**

WHAT DO SELF-ADVOCATES DO?

- Person First Language (PFL) is about **RECOGNIZING PEOPLE FOR THEIR PERSONALITY** before anything else. For example:
 - **PERSON WITH A DISABILITY, NOT** the disabled, handicapped
 - **PERSON WITHOUT A DISABILITY, NOT** Normal person, healthy person
 - **PERSON WITH AN INTELLECTUAL, COGNITIVE, DEVELOPMENTAL DISABILITY, NOT** Retarded, slow, low-functioning, special, delayed
- Self-Advocates **USE PERSON FIRST LANGUAGE (PFL) AND EDUCATE OTHERS** on how to use it.

PERSON FIRST LANGUAGE (PFL)

- **LETTER** writing campaigns
- **PHONE CALLS** to legislators
- Attending assembly and senate **HEARINGS**
- **LOBBYING** at the state house
- **OUTREACH** in the community
- **VOTING** in all elections

HOW TO INFLUENCE POLICIES IN NJ