SELF-ADVOCACY

Knowledge of Self
Sample subcomponents include
- Strengths
- Preferences
- Goals
- Dreams
- Interests
- Learning style
- Support needs
- Accommodation needs
- Characteristics of one’s disability
- Responsibilities

Knowledge of Rights
Sample subcomponents include
- Personal rights
- Community rights
- Human service rights
- Consumer rights
- Educational rights
- Steps to redress violations
- Steps to advocate for change
- Knowledge of resources

Communication
Sample subcomponents include
- Assertiveness
- Negotiation
- Articulation
- Body language
- Use of assistive technology
- Listening
- Persuasion
- Compromise

Leadership
Sample subcomponents include
- Knowledge of group’s rights
- Advocating for others or for causes
- Political action
- Team dynamics and roles
- Knowledge of resources
- Organizational participation