

# SELF-ADVOACY

## 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