

Types of Advocacy - Self Advocacy



Self advocacy is speaking up for yourself and making sure people listen to your thoughts and ideas.



You might need to self-advocate if there is a meeting where people are talking about an issue you have or making decisions about you, the things you can do, the places you can go or the people you can see.



How you can self advocate for yourself think about:

- what the issues or problems are
- how the issues or problems affect you
- what you want people to hear
- what you want to happen (the outcome).



Speaking up for yourself is a great way of helping to build confidence, but you may not always get the outcome you want, it's OK to try to find help if this happens.