

## Script for Self-Advocacy PowToon



Script: Welcome to our journey into understanding self-advocacy. Here, we will learn about communication and choices.

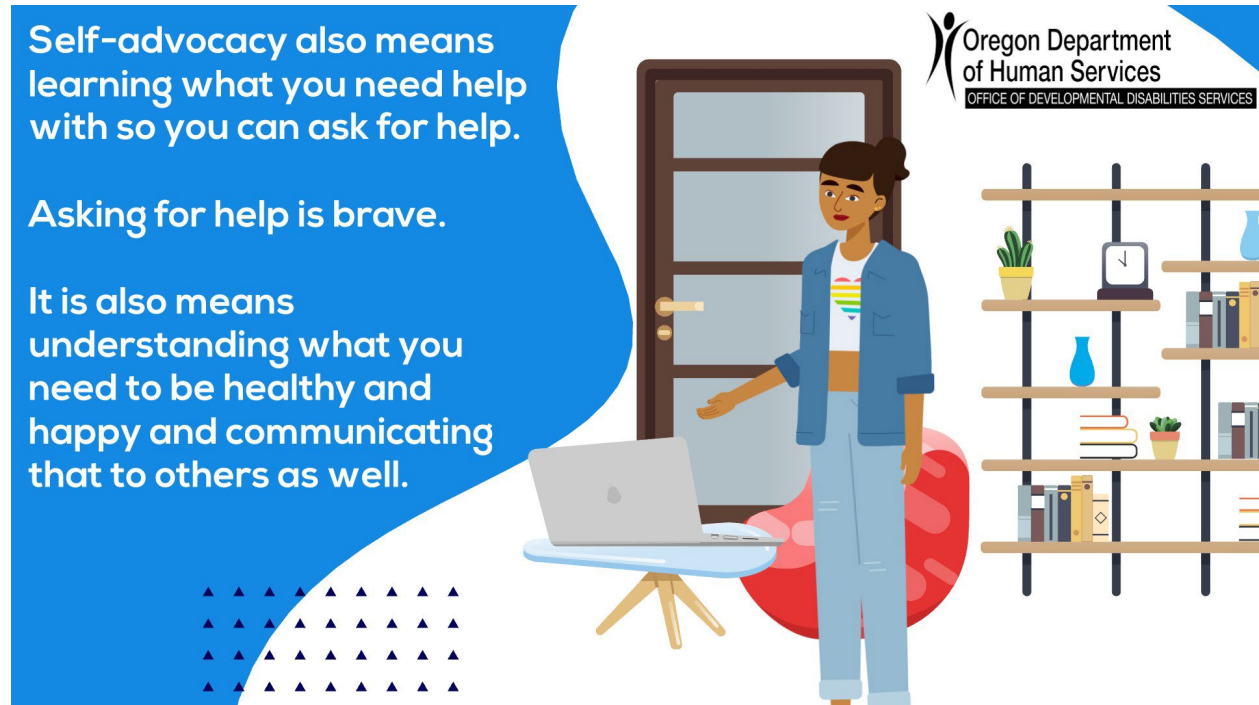
## Script for Self-Advocacy PowToon



**No one knows more about you than you. It is important for your family, friends and caregivers to understand what is important to you.**

Script: Let's begin with Who is a Self-Advocate? That is a GREAT question. You are your own self-advocate. An advocate speaks up for themselves and makes choices and decisions for themselves. Everyone has ideas and feelings, and they matter. No one knows more about you than you. It is important for your family, friends and caregivers to hear what is important to you.

# Script for Self-Advocacy PowToon



Script: Self-advocacy also means learning what you need help with so you can ask for help. Asking for help is brave. It is also means understanding what you need to be healthy and happy and communicating that to others as well.

## Script for Self-Advocacy PowToon



Script: Where are some places you can be a self-advocate?

## Script for Self-Advocacy PowToon



Script: You can be a self-advocate at school, home, the bus, and during appointments at the hospital or with your doctor. It is important to understand places and moments where you can be a self-advocate.

## Script for Self-Advocacy PowToon



Script: One of the choices that you help make is who you would like to have help you when you need it.

## Script for Self-Advocacy PowToon



Script: There are places and times in your day when your helper supports you to accomplish goals and tasks. Being a self-advocate means you can communicate who you would like to help you do that and how you would like that done.

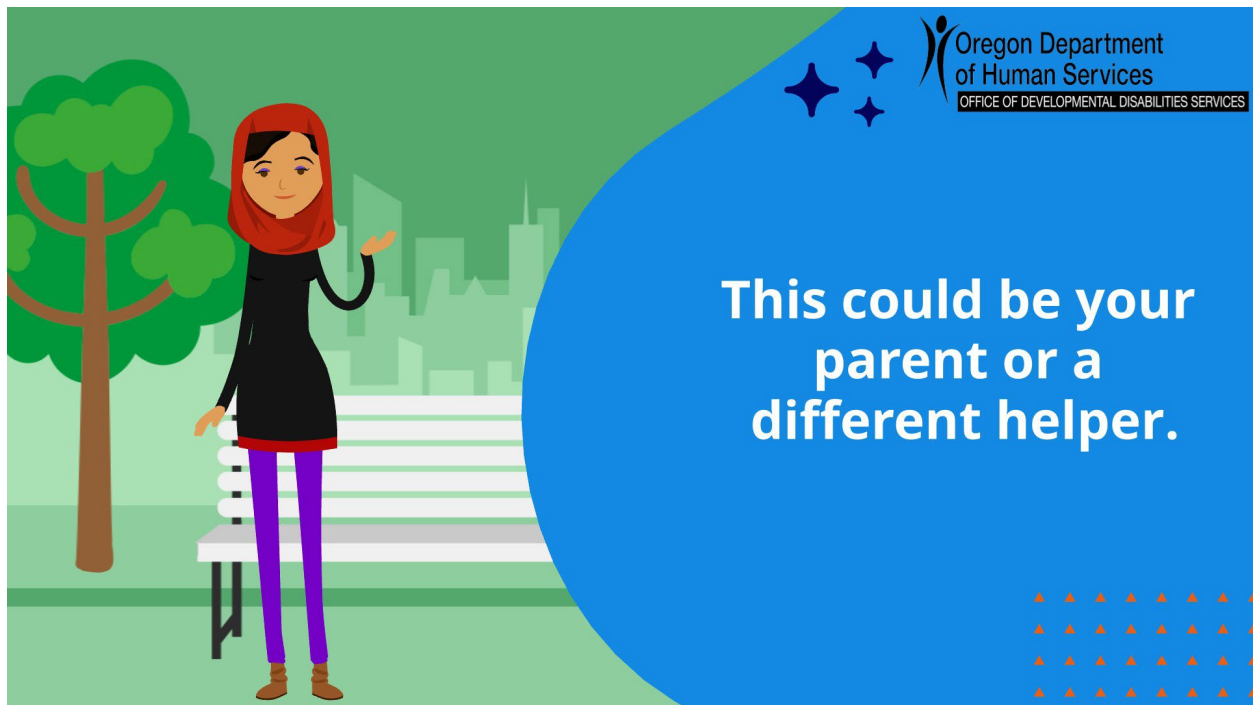
## Script for Self-Advocacy PowToon



Script: Your next question might be HOW can I communicate my choices to my parent or my helper?



## Script for Self-Advocacy PowToon



Script: Communication can look different for everyone. It could be with your eyes, mouth, hands, body, AAC devices, or eye gaze. These can be used to communicate who you would like to help you. This could be a parent or a different helper.

## Script for Self-Advocacy PowToon



Script: Now that we have learned about being a self-advocate, let's take a look at a couple of scenarios where you could have a helper.

## Script for Self-Advocacy PowToon



Script: Here is an example of a time where you could communicate if you want your parent or a different person to help you eat.

## Script for Self-Advocacy PowToon



Script: And here is an example of a time where you may want to choose who helps you with your homework. This could be a parent or this could be someone else.

## Script for Self-Advocacy PowToon



Script: In the first example, you could choose who helps you eat.

In the second example, you could choose who helps you with your homework.

Being a self-advocate is about communicating who you would like there to help you.

## Script for Self-Advocacy PowToon



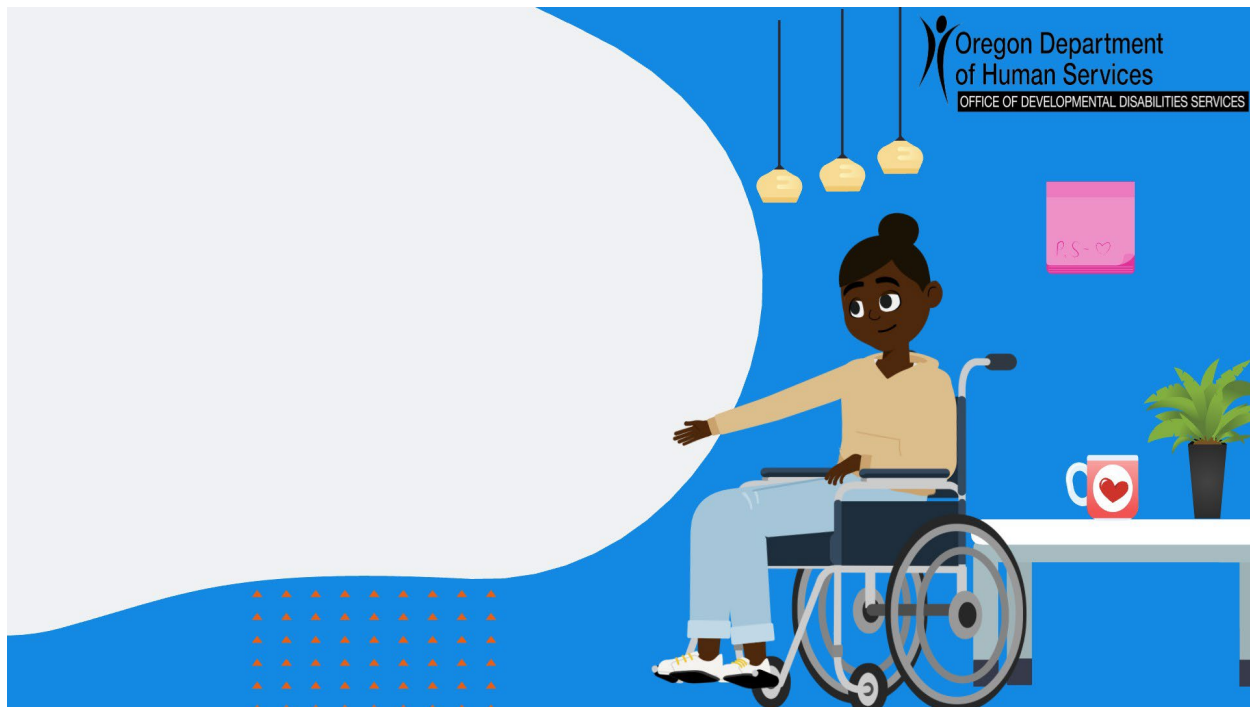
Script: Who are your helpers and caregivers? I'll bet some are really fun and make you laugh. That might be who you want to hang out with when you do certain outings. And I'll bet there are some who help you feel better when you are sick or stressed. They might be who you want around when you need to rest or take a break.

## Script for Self-Advocacy PowToon



Script: Remember, a self-advocate is someone who communicates to people in their life what they want and what's important to them. This is true now and when you grow up. You are your best advocate, and you have the right to communicate who helps care for you.

## Script for Self-Advocacy PowToon



Script: It is important to talk about this with the people in your life so they can help you make a plan to work towards your goals and dreams. We hope this helps you understand how you are a self-advocate. Thank you for joining us today.