

Activity 1.1: Understanding Self-advocacy

In your own words answer these questions. Your answers do not need to be perfect; this is just to help you to understand what Self-advocacy is. (Note: the presenter may decide to introduce this activity to the group as a whole)

What is Self-advocacy?

Why is Self-advocacy important?

Where are some places where you could self-advocate? List 3 places.

When would you self-advocate? List 3 situations.

