

WHAT IS SELF-ADVOCACY?

SELF-ADVOCACY IS...

Speaking up for yourself

Communicating clearly

Knowing your strengths

Asking for help

Setting boundaries

Actively listening to others

Finding compromise

Believing in your own abilities to make a difference

Taking care of your mental, emotional, and physical health

SELF-ADVOCACY IS NOT...

Ignoring your needs

Demanding

Ignoring your limitations

Doing everything on your own

Allowing others to overstep your comfort zones

Dismissing other people's perspectives

Focusing on problems without finding solutions

Believing you have no power or influence over your situation

Ignoring your health and well-being