

## Self-Advocacy Resources

### What is Self-Advocacy?

Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.

### Why is Self-Advocacy Important?

So that you have the knowledge needed to succeed and are given the chance to participate in decisions that are being made about your life.

- Wrightslaw's definitions -

<https://www.wrightslaw.com/info/self.advocacy.htm> Wrightslaw's self-advocacy website

<https://selfadvocacyinfo.org/> SARTAC Self-Advocacy Training and Technical Assistance Center

<https://selfadvocacyonline.org/learning/> Learn about self-advocacy

<https://www.facebook.com/SelfAdvocacyOnline/> Facebook - Self-Advocacy Online

<https://thearc.org/get-involved/self-advocacy/> The Arc – Get Involved>Self-Advocacy

<https://www.parentcenterhub.org/priority-selfadvocacy/> Best practices in self-advocacy skills building

<https://teachingselfadvocacy.wordpress.com/description-of-self-advocacy/> Teaching self-advocacy

<https://autisticadvocacy.org/> Autism Self-Advocacy Network

<https://www.understood.org/en/friends-feelings/empowering-your-child/self-advocacy/the-importance-of-self-advocacy> Self-advocacy for children

<https://www.facebook.com/groups/36140889219/> Facebook - Self-Advocates Becoming Empowered

<https://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp>

Self-determination for transition age youth and young adults

[https://ldaamerica.org/lda\\_today/understanding-self-advocacy/](https://ldaamerica.org/lda_today/understanding-self-advocacy/) Understanding Self-Advocacy

<https://disabilityrightstx.org/en/handout/10-self-advocacy-tips/> 10 Self-Advocacy Tips

<https://nacdd.org/self-advocacy-resources/> Self-Advocacy Resources

<https://ndss.org/self-advocacy> Self-Advocacy

The Mississippi Council on Developmental Disabilities (MSCDD) does not endorse specific websites listed. Please provide additional resources at <https://www.msccdd.org/about-the-council/contact-us/> Thank you!

