

Self-Determination-Series 2

Session 1 – Review, Self-Advocacy, and Communication Overview

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Welcome!

Your Name



City you live in



Dogs? Cats? Something else?



Meeting Online



Cameras on when possible



Use chat or raise hand to talk (Zoom or actual hand)



Listen to understand



Ask questions with the microphone or in chat

Session Overview

- **Session 1:** Self-Determination Review, Self-Advocacy, and Communication Basics
- **Session 2:** Communication Builders and Busters
- **Session 3:** Nonverbal Communication and Flexibility
- **Session 4:** Person Centered Planning (PCP), Supported Decision Making



Today

- Elements of self-determination review
- Communication and self-advocacy
- Basics of communication
- Home practice activities



Self-Determination Elements

1. Self-awareness
and self-efficacy

2. Self-advocacy
and self-regulation

3. Making choices
and decisions, and
solving problems

4. Setting and
reaching goals

4. How I see myself
and future (locus of
control)



Self-Determination

Being in control of who?

Being in control of what?

Being in control where?

Being in control when?

Being in control how?



Self- Advocacy!

Self-Determination

Self-Advocacy

Communication

Flexibility

**Person-Centered
Planning**

**Supported
Decision Making**

Self-Advocacy

Review



Which one is Self-Advocacy

- A. My mom makes my doctor's appointments
- B. I don't worry about it if I don't hear from my doctor
- C. I make my own doctor's appointments



(Put A, B, or C for your answer in the chat)

As a self-advocate...

YOU...

- Know what you want and what is possible for you
- Have more control of you
- Make life decisions with people who can support you
- Understand your disability, your strengths, your needs
- Willing to be flexible and compromise
- Know you have legal rights
- Communicate (speak-up) for yourself and what you need and want



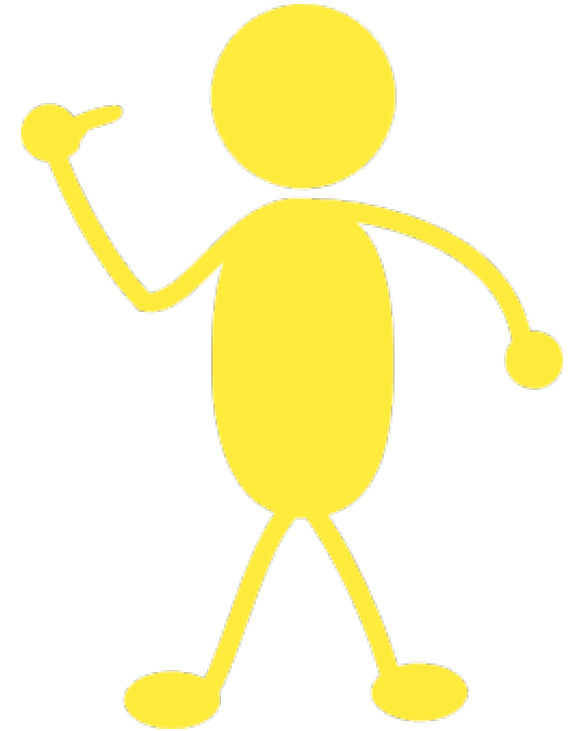
Self-Advocacy Means...

YOU are more and more

i

*(hint: starts with an **i**...)*

- ***independent***



Getting better at self-advocacy...

- A. Can happen quickly if you try hard
- B. Takes time and something you keep learning over time
- C. Only matters if you have challenges with learning

(Put A, B, or C for your answer in the chat)



Disclosure

- Letting others know you have a disability
- How you get support
- You make the choice



Self-Advocacy at Home

Examples

- Making your bed
- Helping with meals
- Staying alone
- Taking a shower without reminders



Self-Advocacy at School

Examples

- Taking part in your IEP
- Asking a teacher for more time on a test
- Using a calendar for due homework assignments
- Letting your teacher know you need a break



Self-Advocacy at Work

Examples

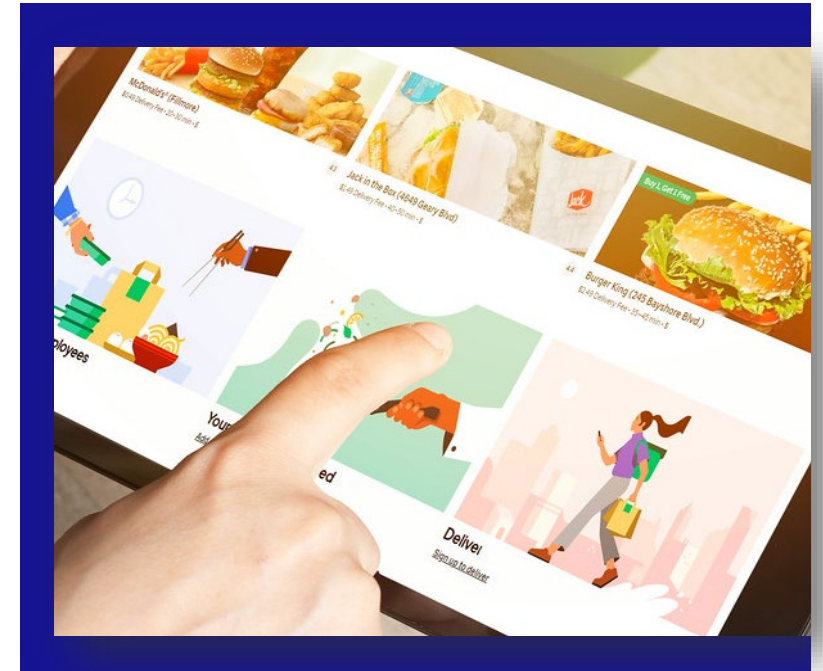
- Asking for help
- Asking for a needed support (example: checklist)
- Disclosing a disability
- Getting up on time



Self-Advocacy at in the Community

Examples

- Making doctor appointments
- Sharing a bank account
- Ordering for yourself at a restaurant
- Paying at a store



Which law has to do with self-advocacy?

- A. The ADA (Americans with Disabilities Act)
- B. The ADA (Americans with Dreams Act)
- C. The APA (Alliance for People Act)

(Put an A, B, or C for your answer in the chat)



Disability Rights

Civil Rights Law: Americans with Disability Act (ADA)

- Treating people with and without disabilities the same
- Not legal to treat people differently because of their disability (discriminate)
- In employment, public places, transportation, and programs offered by the government



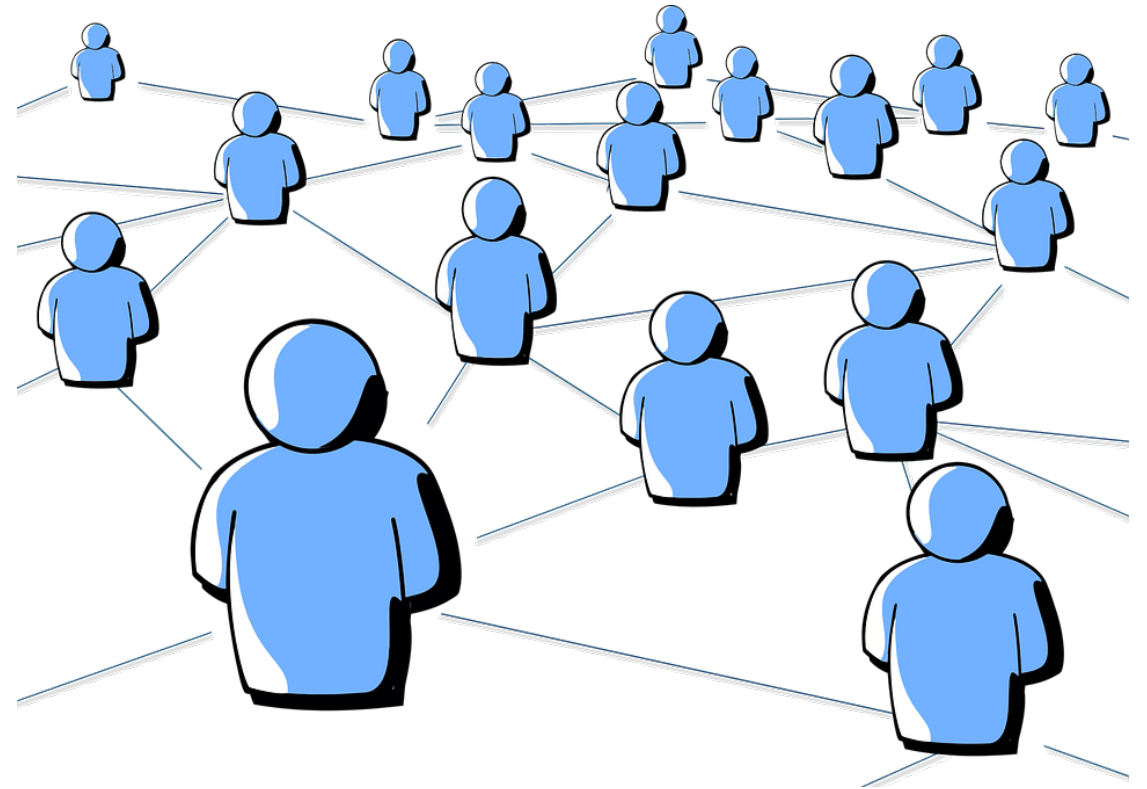
Individuals with Disabilities Education Act (IDEA)



**A law that
protects your
rights at
school!**

Communication

**VERY Important for
Self-Advocacy**



Communication

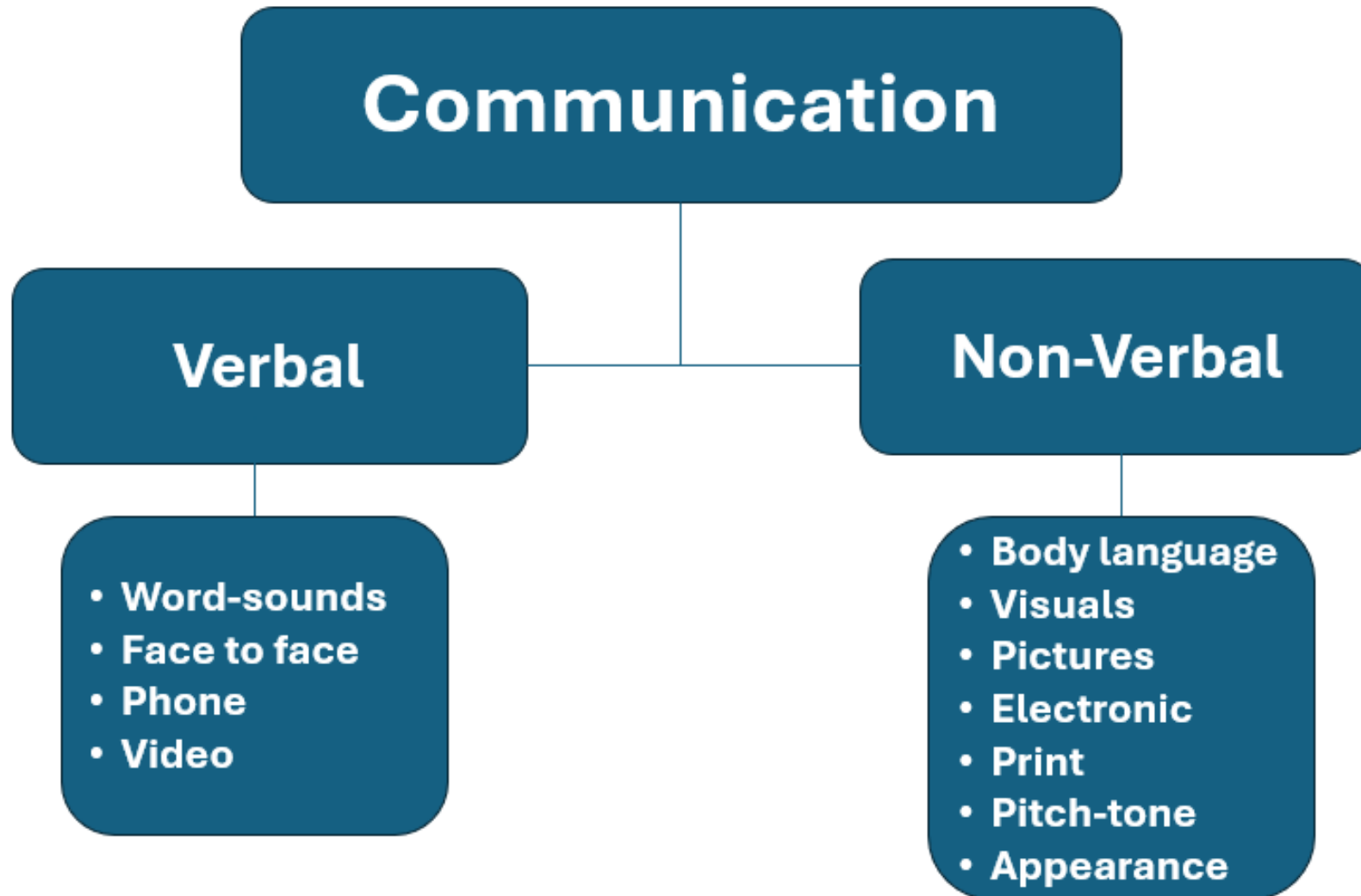
- Getting and sending messages to other people
- Verbal and non-verbal
- 2-way: between 2 or more people
- Communicate our thoughts and ideas to understand each other



Why Communication is Important

- How we advocate for ourselves
- How we ask for what we need or want
- How we let others know what we think and feel
- How we better understand what others think and feel
- How we problem solve, take part in decision making, make choices, increase self-confidence
- How we build relationships

How People Communicate



Non-Verbal Communication

- Communication without speaking words
- Also called body language
- We read other's body language and they read ours
- Posture, gestures, tone position, and others



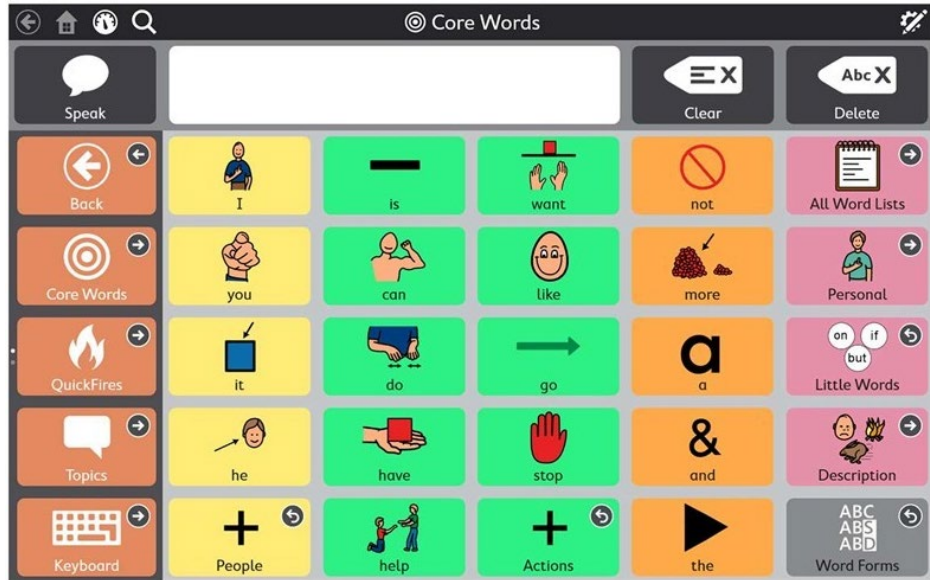
Verbal Communication

- Words or sounds
- How we feel or think
- What and how we say things out loud



Visual Communication

- Pictures or graphics
- Sign language
- Electronic device examples
 - Augmentative and alternative communication (AAC)
 - Other apps



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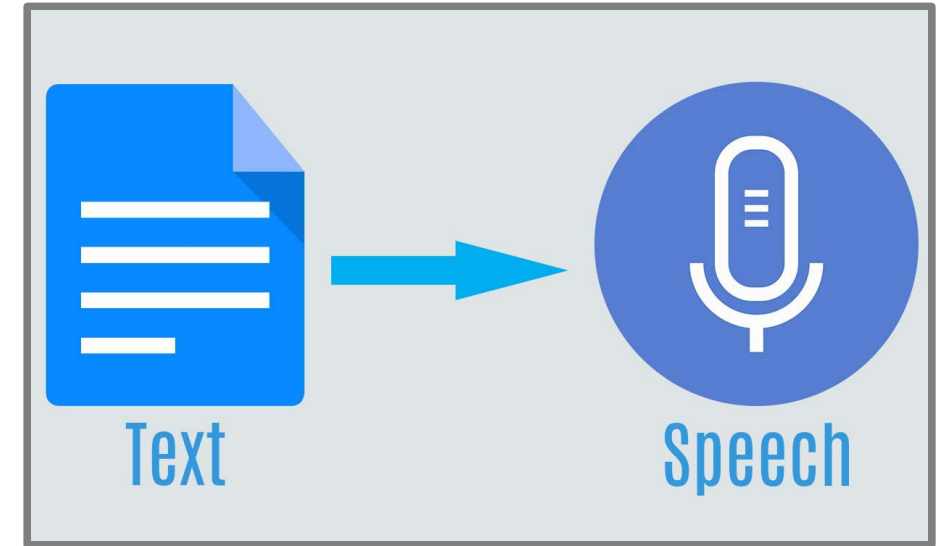
2-Way Communication and Talking

- Communication is like a volleyball game, it goes back-and-forth
- One is talking, one is listening
- You take a turn, I take a turn



2-Way Communication with Visuals

- Same for people who do not use words as their way of communication
- Someone communicates something, and someone else responds with text or visuals



Problem with 1-Way Communication

- 1 person does most of the talking
- Listener does not get a chance to talk or communicate
- They leave the conversation
- May think the other person does not care



2-Way Conversations



Conversations go back and forth,
like a v_____b_____ game!



Answer: volleyball

Communication Partner

Who you are talking to, and who is listening or talking back to you



Communication Partner

Who is your communication partner if....

- You are talking to your mom?
 - Your mom
- You are talking to your teacher?
 - Your teacher
- You are talking to your boss?
 - Your boss
- You are talking to your classmate?
 - Your classmate



Topics

- Something you are talking about
- Stay on topic when talking
- Common interests
- Examples
 - Weather
 - Hobbies
 - Travel
 - Food
 - Animals
 - Anything you might be talking about



Comments and Questions

2-way communication includes:

Comments: *tell* something

and

Questions: *ask* something



Talk about the topic

Make 1-2 comments **about the topic**,
then ask 1 question **about the topic**

Questions

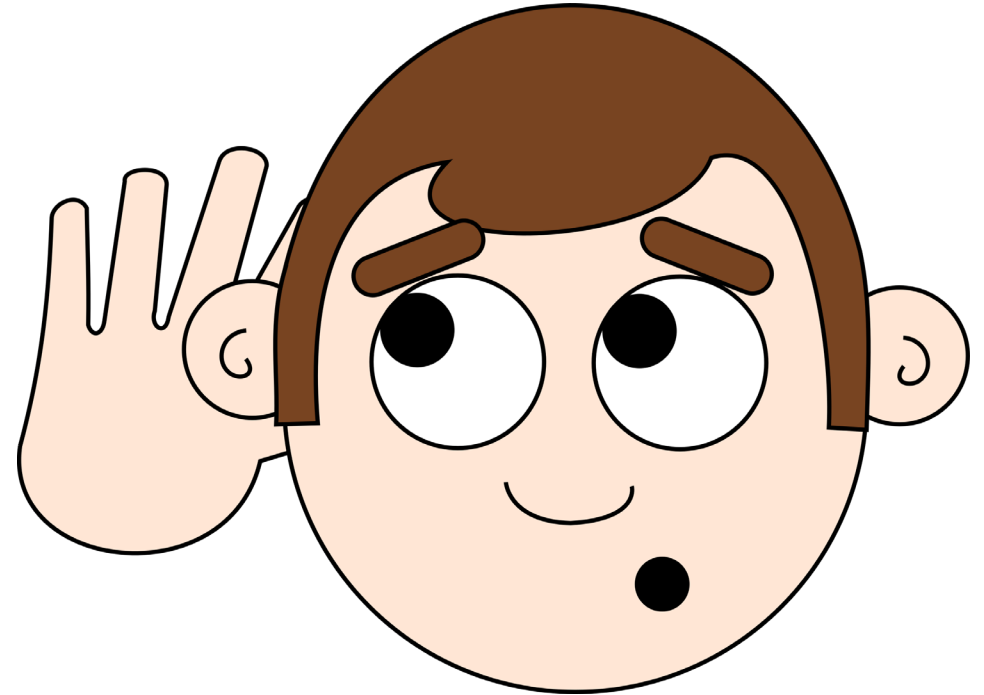
?

Comments

(.)

Asking questions

- Shows you are listening
- Shows you are interested in talking to the person
- Keeps conversations going



Question Starters....

- Who...
- What...
- Where...
- When...
- Why...
- How...
- Did...
- Do...



Questions-Comments Example

What a beautiful day.

It is! Do you want to go for a walk?

Sure, what time?

Can we walk at 1:00?

Question or Comment?

- Wow, that's cool. Comment (.)
- I like playing Minecraft. Comment (.)
- Where did you vacation? Question (?)
- Who did you come with? Question (?)
- I finished high school. Comment (.)

Video – How to Comment



How to Comment...

Think about something you learned or remembered about making comments in the video

https://www.youtube.com/watch?v=_qNOegmJqnA

What question can you ask if I said...

- I just got a new video game
 - ?
- I can't wait for this winter
 - ?....
- I love pizza
 - ?....
- Halloween is this month
 - ?

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NEXT TIME!

Communication Builders & Busters



Home Activities



Next Steps:

- 1. Review your Home Activities Checklist**
- 2. Do the activities on your Home Activities Checklist-it will help you understand what we talked about**
- 3. Review Additional Resources on Self-Determination, Self-Advocacy, and Communication**

Home Activity Checklist



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Series 2-Session 1: Self-Determination, Self-Advocacy, Communication

Name: _____

Date: _____

Home Activities Checklist

Use the checklist below to work through the home activities. You can work through these activities with your parents, siblings, peers, or other support person. This may help you understand the material better too!

Done	Activity
	Review the Session 1 Handout on Self-Determination, Self-Advocacy, and Communication (covers information from the online session)
	Look at and print the Home Activity Packet: <ul style="list-style-type: none">• Complete the Making Comments Home Activity• Complete the Asking Questions Home Activity• Complete the 2-Way Communication Home Activity
	Review the resources provided on Self-Determination, Self-Advocacy, and Communication

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions

Home Activities

Comment Worksheet

Add a **comment** to each comment provided below.



Example: Math is always hard for me.



Asking Questions Worksheet

Add a **follow-up question** to each comment provided below.



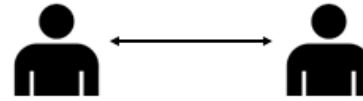
Example: What math class are you in?



2-Way Conversation Home Activity

Name: _____

Talk to a family member, a friend, a peer, or someone else and practice a 2-way conversation.



Who I talked to:

What was 1 common interest:

I made AT LEAST 2 comments: Yes or No

What was one comment:

What was a second comment:

I asked at least ONE question: Yes or No

What was one question:

I used Communication **Builders** Yes or No

I avoided Communication **Busters** Yes or No or Working on it!

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions

We are here to support you!

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For more information visit

www.michiganallianceforfamilies.org

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In collaboration with



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