

Self-Determination-Series 2
Session 1 – Review, Self-Advocacy,
and Communication Overview

Stacie Rulison, Facilitator



1

Welcome!

Your Name 

↓

City you live in 





↓


Dogs? Cats? Something else? 



2

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



3

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



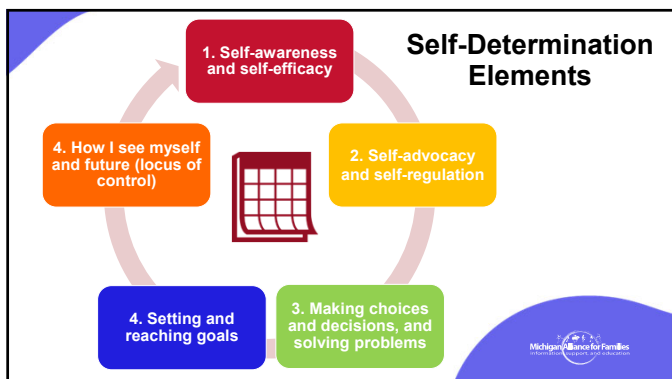
4

Today

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



5



6

Self-Determination

Being in control of who?
Being in control of what?
Being in control where?
Being in control when?
Being in control how?

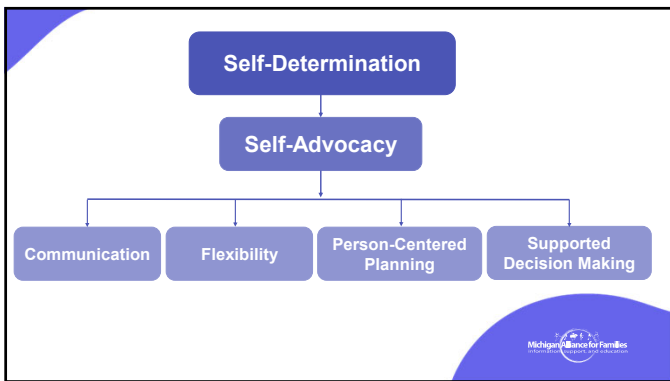


7

Self-Advocacy!



8



9

Self-Advocacy

Review




10



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)

11

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






12

Self-Advocacy Means...

YOU are more and more
i _____
 (hint: starts with an i...)

- **independent**






13

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)

14

Disclosure

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

15

Self-Advocacy at Home

Examples

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





16

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





17

Self-Advocacy at Work

Examples

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




18

Self-Advocacy at in the Community

Examples

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






19

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)

20

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




21

Individuals with Disabilities Education Act (IDEA)



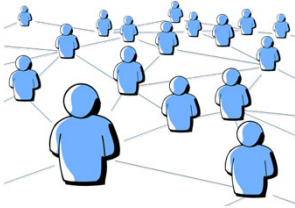

A law that protects your rights at school!



22

Communication



VERY Important for Self-Advocacy

23

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

24

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



25

How People Communicate

Communication

Verbal

- Word-sounds
- Face to face
- Phone
- Video

Non-Verbal

- Body language
- Visuals
- Pictures
- Electronic
- Print
- Pitch-tone
- Appearance



26

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



27

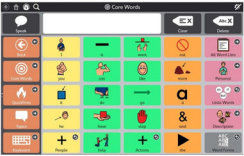
Verbal Communication

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





28

Visual Communication



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



29

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




30

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



Michigan Alliance for Families

31

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



Michigan Alliance for Families

32

2-Way Conversations

Conversations go back and forth, like a v ___ b ___ game!

Answer: volleyball



Michigan Alliance for Families

33

Communication Partner

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




34

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*




35

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

36

Comments and Questions



2-way communication includes:
Comments: **tell** something

and


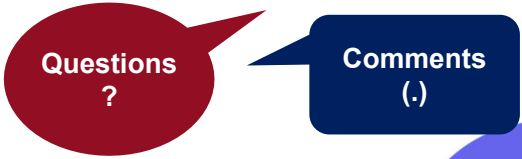
Questions: **ask** something



37

Talk about the topic


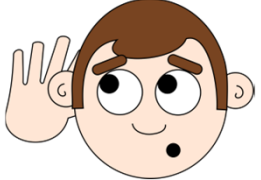
Make 1-2 comments **about the topic**,
then ask 1 question **about the topic**



38

Asking questions

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



39

Question Starters....

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




40


Questions-Comments Example




41

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 (.)



42

Video – How to Comment



How to Comment...
Think about something you learned or remembered about making comments in the video



43

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
 - ?




44

NEXT TIME!



Communication Builders & Busters



45

Home Activities






46

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



47

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



48

Home Activities

Comment Worksheet

Add a comment to each comment provided below.

Math is so hard today. Example: Math is always hard for me.

Math was interesting today!

2-Way Conversation Home Activity

Name: _____

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

When I talked to: _____

What was I curious about?

I made at least 3 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 Builders: Yes or No or Working on it?

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

Asking Questions Worksheet

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

This math is so hard. Example: What math class are you in?

I can't wait for Halloween.

49

We are here to support you!

@MichiganAllianceForFamilies

@michiganallianceforfamilies

/MichiganAlliance

For more information visit www.michiganallianceforfamilies.org

Call 800-552-4821
En Español 313-217-1060
لغة العربية 248-963-0607
Statewide Email: info@michiganallianceforfamilies.org

50

Michigan Alliance for Families

In collaboration with

Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education (MDE-OSE); the Michigan Department of Lifelong Education, Advancement, and Potential (MILEAP); and Michigan's Federal Parent-Training and Information Center (PTIC) funded by the U.S. Department of Education, Office of Special Education Programs(OSEP).

www.michiganallianceforfamilies.org
 1-800-552-4821
info@michiganallianceforfamilies.org

51
