

# Green Mountain Self-Advocates Youth Summit



## Basic Description:

GMSA has developed scripts and materials for a 6-hour Youth Summit. Activities are geared for students who experience a wide variety of developmental disabilities. The presenters are adults with developmental disabilities supported by allies. The Summit can be held on one day or split into two days.

Typically, 4 to 6 high schools participate. There can be 20 to 40 students supported by teachers as needed. and 10 teachers.

Allow for up to 6 months to recruit students. Vermont is a rural state so we select a county and approach all the high schools. We recommend getting letters of recommendation from teachers and students who are familiar you're your work to give to new school contacts.

We typically rent a meeting room and provide refreshments or lunch as needed. Attendees receive resources about joining a self-advocacy group nearby (Roadmap to Self-Advocacy) and other resources. The agenda includes:

- Establish Group Agreements
- Several Interactive Ice Breaker Games About Making Choices
- Green Mountain Self-Advocates: What We Believe
- Activity: What Is Self-Advocacy?

- Life is Good and Getting Better: Peer Advice
- Activity: Making Your Case Role Plays
- Positive Self-Talk (Are your words proactive or reactive?)
- Proactive Vs Reactive Problem Solving Activity
- One Page Profiles





# Teamwork

Speaking Up



Leadership

# Connecting

Green Mountain Self-Advocates

**2 Day**

# Youth Summit

**Wednesday 9/30/15**

**Friday 10/2/15**

**A leadership and self-advocacy summit for high school students with developmental disabilities in Chittenden County High schools.**

Do you have Questions about the Youth Summit?

Call Karen Topper at (802) 229-2600 or email [topper@gmsavt.org](mailto:topper@gmsavt.org)

Funded By: VT Developmental Disabilities Council

## SUMMIT DETAILS

GMSA and The Bridging Program ~ Youth Summit

**Wednesday 9/30/15**

And

**Friday 10/2/15**

**9:00 am—12:00pm**

Location:

Elley Long Music Center  
223 Ethan Allen Ave.

Colchester, VT

Participating Schools:

Burlington High School,  
Colchester High School,  
Mt. Mansfield Union, Winooski High School, South Burlington HS

Each school is invited to elect 6 students with disabilities to attend the Youth Summit. (Please limit support staff to 3 people)

**Event is Free**

**Green Mountain Self-Advocates**  
2 Prospect St., Suite 6  
Montpelier, VT 05602  
802-229-2600

[www.gmsavt.org](http://www.gmsavt.org)

# Registration Form for GMSA Youth Summit

We expect you to attend both days—9/30/2015 and 10/2/2015

Please submit **one form** for your school. Email completed form to [topper@gmsavt.org](mailto:topper@gmsavt.org).

School Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Name and Grades of Students Attending

1. \_\_\_\_\_ Age: \_\_\_\_\_

Please list accommodations, if any: \_\_\_\_\_

2. \_\_\_\_\_ Age: \_\_\_\_\_

Please list accommodations, if any: \_\_\_\_\_

3. \_\_\_\_\_ Age: \_\_\_\_\_

Please list accommodations, if any: \_\_\_\_\_

4. \_\_\_\_\_ Age: \_\_\_\_\_

Please list accommodations, if any: \_\_\_\_\_

5. \_\_\_\_\_ Age: \_\_\_\_\_

Please list accommodations, if any: \_\_\_\_\_

6. \_\_\_\_\_ Age: \_\_\_\_\_

Please list accommodations, if any: \_\_\_\_\_

Please List any Teachers/ Support Staff Who Will be Supporting Students:

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Please return this Registration Form by Friday, September 25, 2015.

Email to [topper@gmsavt.org](mailto:topper@gmsavt.org) or mail to: GMSA, 2 Prospect St., Suite 6, Montpelier, VT 05602



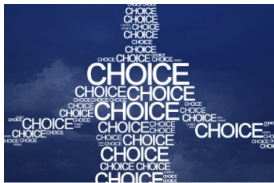
# Green Mountain Self-Advocates Youth Summit

September 30th and October 2, 2015

Elley Long Center, Colchester, VT



## Group Agreements



## Ice Breaker Game ~ Would You Rather?

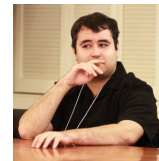


## Green Mountain Self-Advocates ★What we believe ★

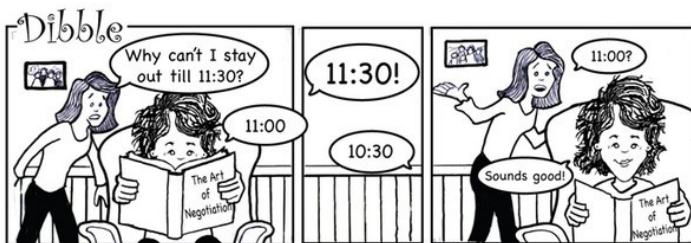


## Standing Up for Yourself

## Kris Medina ~ Peer Advice



## Activity: What is Self-Advocacy?



## Making Your Case

# Group Agreements

When groups get together, they come up with a list of things to do and say that make workshops go smooth. We call this group agreements.



**Confidentiality - personal stories stay in the room**



**Raise your hand if you want to speak**



**Encourage others to speak and give their answers.  
Be open to everybody.**



**Only one person speaks at a time.**



**No question is silly**



**No texting or calling during a meeting.**



**During conflict, consider different ideas. No judging.**



**Step Up and Step Back**

# Ice breaker Game—A fun way to practice making choices

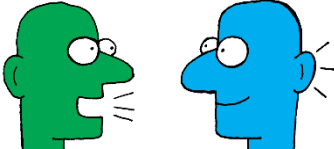


Would You Rather be a deep sea diver	Or Would You Rather be an astronaut
Would you rather live in a city	Or Would You Rather live in the country
Would You Rather find true love	Or Would You Rather find millions of dollars
Would You Rather go to an amusement park	Or Would You Rather go to a national park
Would You Rather know it all	Or Would You Rather have it all
Would You Rather live without music	Or Would You Rather live without T.V.
Would You Rather spend the day surfing the internet	Or Would You Rather spend the day surfing the ocean
Would You Rather have one wish granted today	Or Would You Rather have 3 wishes granted in 10 years
Would You Rather have a shower	Or Would You Rather have a bath
Would You Rather Sleep in	Or Would You Rather Get up Early
Would You Rather go to a Big party	Or Would You Rather Eat out with your best friend
Would You Rather go to a sporting event	Or Would You Rather go to a concert
Would You Rather it be Summer	Or Would You Rather it be Winter
Would You Rather go to the beach	Or Would You Rather go snowboarding
Would You Rather See the future	Or would you rather change the past

Self-advocacy is letting other people know what you think, feel and what you need.

# Standing Up For Yourself

Self-advocacy is part of self-determination. Once you know what you want and need, you have to be able to tell other people. That's the only way to make your dreams come true!



Whether you talk, use sign language or gestures, point to pictures, get support to type or any combination of these ways to communicate, it is important to let other people know what you are thinking and feeling.

Learning how to speak up for yourself can be hard, but self-advocacy is something that gets easier with practice.

**Activity: First try to answer the following questions on your own. Then work and share together as a group.**



#1 Write down a time you let other people know what you thought or felt about something, or asked for something you needed.

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#2 Write down a time you did NOT let other people know what you thought or felt about something, or did not ask for something you needed, but wish you had.

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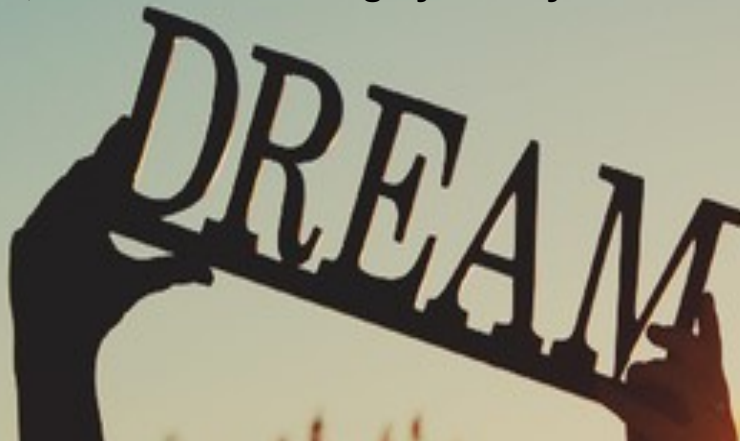
Self-Advocacy is...	Self-Advocacy is NOT...
People speaking-up for what they think is important	People sitting around and complaining
Something everyone is capable of	Only for people who can talk.
Here to stay	You do it once and never again
Making Changes	Keeping everything the same
Speaking up without putting others down. Say it is a way others can hear it.	People being rude, disrespectful, and not listening to others.
People making decisions	Other people making decisions for you
Taking responsibility for your actions	Blaming others
Learning to trust	Living in fear
Recognizing your anger and working through it	Staying angry
A way of life	Just a class you take
Something you keep learning about. You get better at each year	Just talk about it one time and that's it
Taking risks, trying new things	Playing it safe, doing the same stuff
Going after your dreams	Sleeping through your dreams
Making mistakes..... and learning from them	Not taking any chances
Asking questions	Being questioned


# Making Your Case

Write down or find a picture that shows something you want to try. It can be something new that you have not done before.

Pick something you have strong feelings about giving it a try. Something you have been wanting to do for a long time.

Then list the people, activities and things you may need to make this come true.



<p><b>Pick Something New You Want To Try</b></p> 	<p><b>Practice Making Your Case</b></p> <p>What Do You Need?</p>		
	<p>Are there People that could help you?</p>	<p>Are there skills you could learn that could help you?</p>	<p>Are there things that would be helpful?</p>
Empty space for user input	Empty space for user input	Empty space for user input	Empty space for user input



## **ACTIVITY: Can You Really? Yes, I can!**

Now we want you to do an activity to practice believing in yourself and showing self-confidence. You will practice what can you do if someone says you cannot try something new?



**Watch Max and Topper do a role play.**

Max wants to try riding his bike to town; Topper is the family member that challenges Max. Watch Max make his case.

**Now it is your turn to make your case.**

**Work with a partner. A teacher or support person could help out here.**

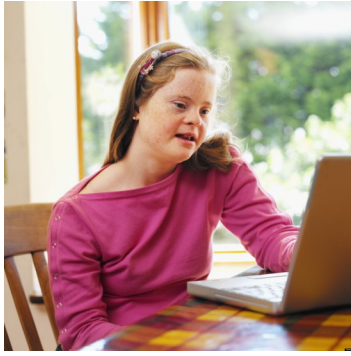
**The teacher or support person will be the “challenger”.**

**You will practice making their case.**

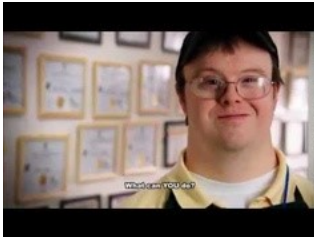
**The challenger will come up with lots of reasons why it will not work**

**If you gets stuck, pause for a moment and ask for help from your peers to come up with ideas to make your case.**





# Keep Up With Green Mountain Self-Advocates On-line



Visit  
our  
Website!

[www.gmsavt.org](http://www.gmsavt.org)



Watch us on YouTube!

<http://www.youtube.com/>



Tweet with us  
on Twitter!

[www.twitter.com/](http://www.twitter.com/)



Like us on Facebook!

[www.facebook.com/pages/Green-Mountain-Self-Advocates](http://www.facebook.com/pages/Green-Mountain-Self-Advocates)

Funding for the Youth Summit was provided by the  
Vermont Developmental Disabilities Council



# Green Mountain Self-Advocates

## Youth Summit

October 2, 2015

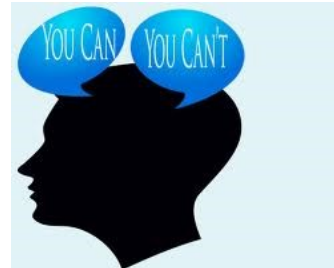
Elley Long Center, Colchester, VT



### Quick Review of what we learned on Wednesday



### Man in the mirror



### What do you think?



### Snow Ball game



### Listen to your words



### Proactive vs Reactive

### One Page Profiles



# Who is the only person you can change?



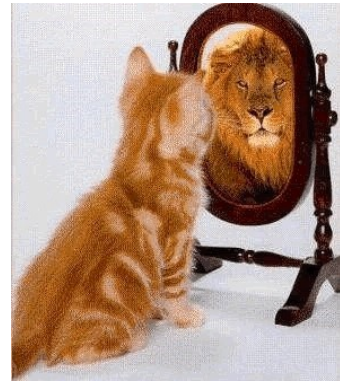
If you want to make a change in your life,  
the place to begin is with yourself,  
not with your parents,  
your friends, your teachers,  
or your boss.

**All change begins with you.**



**When something goes wrong....  
What do you think?  
What do you say?**

**The more good things you think,  
the more positive things you say  
The stronger you will feel**



Try to go an whole day without putting yourself down. Each time you catch yourself putting yourself down, you have to rewind and say three positive things about yourself.

Practice!

Make a list of 3 positive things about you

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# EASY STEPS

Small, easy steps that you can try to make you feel better about yourself.

## Be Gentle with Yourself

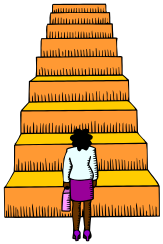
1. Try to go a whole day without putting yourself down. Each time you catch yourself putting yourself down, you have to rewind and say three positive things about yourself!!!!



## Be Honest

2. The next time a friend or your parents ask you about what you're doing, share the whole story. Don't leave out information. Say how you feel.

## Tap Into Your Talents



3. Think of something you are pretty good at and make a plan to get even better. Talent I want to get better at this year: \_\_\_\_\_

Steps to get there: \_\_\_\_\_

## Do Random Acts of Service

4. Sometime today, do a kind "secret" favor for someone, like writing a thank you note, taking out the trash, or washing someone's dishes.

## Keep Promises to Yourself

5. Pick one easy thing that needs to be done today, like putting in a batch of laundry, or calling a friend to make a plan for the week-end. Decide when you will do it. Now, keep your word and get it done.

## Renew Yourself

6. Pick a fun activity that will lift your spirits and do it today. For example, turn up the music and dance.
7. Feeling low energy? Get up right now and go for a fast walk





# Be Proactive

**It builds courage  
to take risks  
Accepts new challenges  
to go after your goals**

- **I am a responsible person.**
- **I choose my actions, attitudes, and moods.**
- **I do not blame others for my wrong actions.**
- **I am in charge of me**
- **I do the right thing without being asked, even when no one is looking.**



# LEARN IT

## REACTIVE People These are NO Can Do People

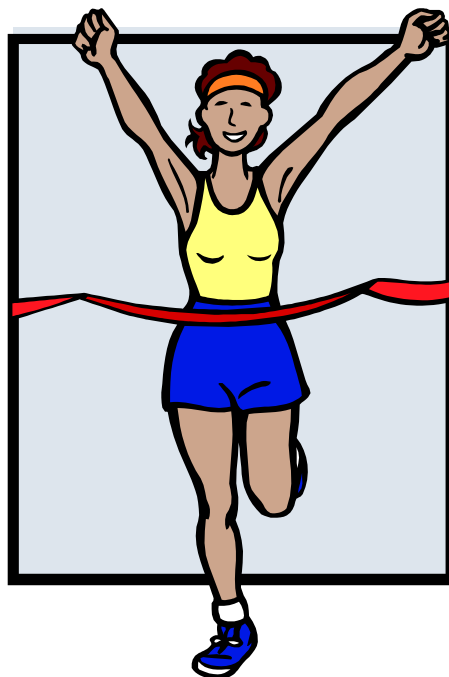
- Blame others.
- Get angry and perhaps say some things they later regret.
- Feel like victims.
- Whine and complain.
- Make excuses.



# LEARN IT

## PROACTIVE People Are CAN DO People

- Realize they have choices and take responsibility for those choices
- Bounce back when something bad happens in their lives.
- Look for options.
- Focus on things they can do something about, and don't worry about the other things.
- Think positive
- Stay true to yourself and what you believe. Say no to peer pressure



# LEARN IT

## “Reactive Language” Activity

Do you ever hear people (or perhaps even yourself) say things like:

- “I have to go.”
- “He makes me so angry.”
- “If only ...”
- “That’s just the way I am.”
- “I can’t do anything about that.”



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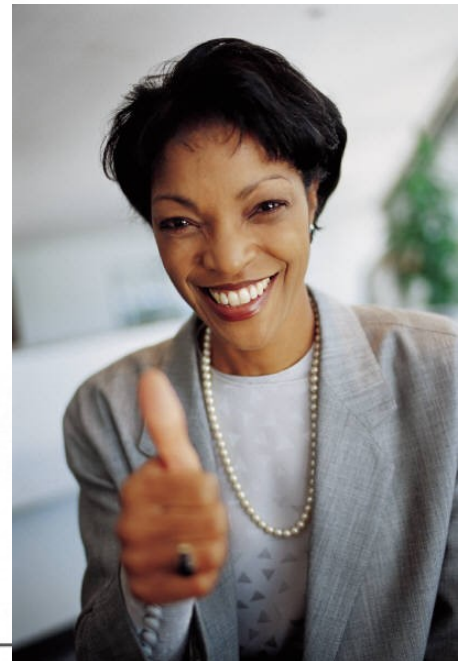
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# LEARN IT

## “Proactive Language” Activity

Do you ever hear people (or perhaps even yourself) say things like:

- “I choose to go”
- “I will decide how to deal with this”
- “I am responsible”
- “I can.”
- “Let’s look at all of the options.”



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Sometimes things go wrong, and we feel shaken up. As a result, we might EXPLODE on someone or something. This is called being RE-ACTIVE. Has this ever happened to you? Explain what happened and why. Was this a good way to let go of all of your feelings? Why or why

When you are  
**PROACTIVE,**  
you make a choice  
about how you react to  
the things that happen  
in your life. You act  
like a water bottle.  
You might get shaken  
up or mad, but you  
stay calm and don't  
explode!



# EASY STEPS

Small, easy steps that you can try to help you learn to be Proactive.

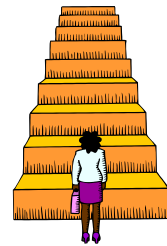


1. The next time someone flips you off, give them the peace sign back.

2. Listen carefully to your words today. Count how many times you say reactive words, like "You make me ..." "I have to ..." "Why can't they..." "I can't ..."

Reactive words I use most: \_\_\_\_\_

3. Do something today that you have wanted to do but never dared. Leave your comfort zone and go for it. Ask someone out on a date, speak up at a meeting, or join a team.



4. Write yourself a Post-it note:

"I" will not let \_\_\_\_\_

decide how I'm going to feel." Place it in your dresser, on your mirror, or in your day book and refer to it often.



5. At the next party, don't just sit against the wall and wait for excitement to find you, you find it.

Walk up and introduce yourself to someone new.



# EASY STEPS



6. The next time you hear your boss say something that you think is unfair, don't blow it off or cry about it, make an appointment with your boss to discuss it and then see what you can learn.

7. If you get in a fight with a parent or a friend, be the first to apologize.



8. Pick something that you always worry about BUT have no control over. Decide now to drop it.  
Thing that I can't control that I always worry about:

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9. Push the pause button before you react to someone who bumps into you in the hall, calls you a name, or cuts in line.



10. Ask yourself, "What is my most unhealthy habit?" Make up your mind to do something about it.

My Most unhealthy habit: \_\_\_\_\_

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What I'm going to do about it: \_\_\_\_\_

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