

# Self advocacy start-up toolkit tip sheet

## More power, more control over our lives!



## What is self advocacy?



Self advocacy is about independent groups of people with all types of disabilities working together for justice.

We help each other take charge of our lives and fight discrimination.

Self advocacy teaches us how to make decisions and choices that affect our lives. We can be more independent.

## Who is a self advocate?

**You are a self advocate** if you have ever spoken up for what you believe in.

**You are a self advocate** if you have taken responsibility for your life in some way.

**You are a self advocate** if you have ever questioned people's expectations of you.

