



Westchester Institute
for Human Development

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THE 10 TENETS OF SELF-ADVOCACY

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Introduction



Background

- Speak Up For Yourself
- Make Decisions About *Your Own Life*
- Learn How To Research In Order To Better Understand Topics That Interest You
- The 10 Tenets of Self-Advocacy: What Do They Mean For You?





The 10 Tenets Of Self-Advocacy



1 Person-First Language



- Place Emphasis On The Person Before Their Disability
- Choose Words That Are Accurate, Neutral, & Objective
- Reflect Respect For Each Person As An Individual



2 **Nothing About Us Without Us**



**“NOTHING
ABOUT US,
WITHOUT US”**

- People With Disabilities Need To Have Input In How We Are Portrayed
- We Deserve To Have A Say In How We Are Treated & Governed



3

Give Us The Choice!

- Don't Assume We Can't Do Something
- We Have The Choice:
 - Do I Want Peanut Butter & Jelly Today?
 - Do I Want To Go Outside or Stay Inside For Recess?
- These Choices Should Not Be Made By Caregivers or Assistants, They Should Be Made By The Individual



- **Advocate**: Fighting For The Rights Of Everyone With Physical, Intellectual, or Developmental Disabilities
 - Public Access To Places
 - Voting Rights
- **Self-Advocate**: Fighting For *Your* Own Needs As An Individual
 - Getting Into The Right Day Program
 - Being Able To Decide Where You Want To Live



5

Start By Asking A Self Advocate

- If You Want To Learn About Self-Advocacy, Talk To Another Self-Advocate About It
- Everyone Has A Different Story, Everyone Defines Self-Advocacy Differently
- Self-Advocacy Can Look Differently For Each Person
- We Live Self-Advocacy Every Day of Our Lives



6

Learn How To Use Inclusive Language



6

Learn How To Use Inclusive Language

The video player interface shows a video titled "Mike and Nichole pt 2". The video content is split into two panels. The left panel shows a woman, Nichole Hastings, with a background of Earth from space. The right panel shows a man with glasses and a beard, wearing a red shirt, in an indoor setting. A large red play button is centered over the video. The video player includes a "Copy link" button in the top right and a "Watch on YouTube" button in the bottom left. The names "Nichole Hastings - Self-Advocate" and "Renovation Church" are visible at the bottom of their respective video panels.



7

Preserve Our Rights

- **As Adults, It Is Very Important That Both We & Our Supporters Make A Meaningful Effort To:**
 - **Make Sure We Know Our Rights**
 - **Make Sure Our Rights Are Preserved**
 - **Make Sure All Adults With Disabilities' Rights Are Preserved**



8

Assume Competency In All Settings

- **Always Approach The Person First!**
- **People With Disabilities Who Have Caregivers Are Commonly Ignored In Doctors Offices & Other Public Places. That's Not OK!**
- **Wait For The Individual With Disability To Give You Permission To Talk To Their Care Giver**



9

Let Us Love Who We Love!

- We All Have The Right To Love Who We Want To Love
- People With Disabilities Face Many Barriers When It Comes To Romantic Relationships
- Marriage Is Not An Option For Many People With Disabilities
- We Can Lose Services & Benefits, This Can Lead To Serious Trouble



Let Us Live Where We Want To Live!

- We Have The Right To Choose Where We Want To Live Our Lives:
 - In A Group Home
 - In Supportive Housing
 - Independently In Our Own House
- It Should Be Up To You





Questions and Answers





Thank You!

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