



**Speaking
Up For Us**
sufumaine.org

Self Advocacy

Knowing Yourself

Learn about you. What you like, want, and dream. Set goals for yourself.



Staying Informed

Keep up to date on info. Know how & where to find resources.



Decision Making

Gather info to make an informed decision of what you want.



Asking for Help

Asking for help is ok. We all need help sometimes. What do you need help with?



Speaking Up

On issues, about what you want in your life, about injustices, or for others who cannot speak for themselves.



**SELF
DETERMINATION**



Knowing Your Rights

Learn about your rights and what to do if you think your rights have been broken.



Finding Support

Who can support you? Friends, Family, Neighbors, Support Staff? Find support that works for you.



Problem Solving

Identify and sort out problems. Use your skills to find ways to solve the problems.



Leadership

Take charge of your own life. Be responsible and set goals to accomplish. Be determined.



Taking Action

Do something to make a change in your life, or the life of others.