

Self-Advocacy Transcript

[Male Speaker]

This is Madeline Hardy school on CPRI campus, I'm standing here because school is a great example of where Self-Advocacy becomes super important. Teachers need to know all about your leaky brakes and you'd think they'd be taught all about them in their training, but they are not! I know! A lot of them feel the exact same way.

Now this means, right or wrong, you're going to have to do a little bit of teaching yourself. Now when I say advocate for yourself or self-advocacy, that just means looking out for yourself. Making sure that your taking care of your needs as a person with leaky brakes. In terms of when to do that, you need to do it before there is any problems. So on the very first day of school of each year, or when you are first joining air cadets or when you are just now signing up for camp. The problem is if you wait until there is a problem, like you're already in trouble or you failed a test before you start to self-advocate, people are then just think you are making excuses, they're going to think you are just trying to get out of trouble or just trying to get a better grade. Also, if you are self-advocating in the moment when everyone is a little bit more worked up, it's just not going to go as well. Now, in terms of how to self-advocate, this is one that you really do need to do in person. The person is going to be able to really listen better, and you're more apt to get them to agree to help you if you do it in person. Self advocating really comes down to two basic pieces, what you do is you state what the problem is and your idea of how to deal with it. So, for example, "teacher during seat work, I have a really hard time paying attention because of my leaky brakes, I'm wondering if I can wear earplugs while I am sitting at my desk". Now, notice in that example that self-advocating isn't about making excuses to get out of doing something. What it is really about, is telling the person, the teacher, the parent, whatever, what it is that you need so you can do it, to the best of your ability.

Don't be afraid to be assertive, you have every right with your leaky brakes to tell people what you need and you don't need to be ashamed about that. But, by the same token, don't get all mean and loud and in the persons face about it either, because then you are not going to get what you need, whether you deserve it or not. Just focus on you, stick with whatever it is that you decided to say and however it is that you are feeling and just keep going back to that, it'll help you keep on track. Expect that you are going to have to self-advocate more than once, even with the same person, people need to hear the same thing in different ways more than once before it really starts to sink in and they get it. Here is also an opportunity to use your cheerleaders, to practice different scenarios before hand and you can change it up, have your cheerleader first play you and you can watch and see what it should look like and then switch and you

can try it. You might even want to record yourself so that afterwards both you and your cheerleader can watch what you just did and think about different ways to do it even better. Lastly, with self-advocacy, don't get carried away. Other peoples rights are important too and having leaky brakes isn't a get out of jail free card. I'm Dr. Dunk, stick that tool in your toolbox.

[Text at end of video]

Self-Advocacy

self-advocacy = speaking up about your needs!

WHEN to self-advocate:

-BEFORE you are having difficulties!

HOW to self-advocate:

-do it in person!

-state:

1) the problem!

2) an idea of how to deal with it!

-it's okay to be assertive!

-expect to self-advocate more than once!

-practice with your cheerleaders!

Important to consider others too!