

YOUTH SELF-ADVOCACY TRAINING

SESSION 1

connecting individuals

SESSION 2

discovering self-advocacy

SESSION 3

influencing communities



gurc.acc@gallaudet.edu

austincc.edu/gurcsouth

SESSION 1

connecting individuals

ACTIVITY 1: EXPLORING IDENTITIES (20 MINUTES)

Participants will explore various identities such as race, religion, gender, sexual orientation, and level of hearing and how we are connected as humans through presentation, group discussion, and Q & A.

ACTIVITY 2: IDENTITY VALUES (40 MINUTES)

Participants will explore their own identities and determine which identity is their most valued through a partner/group activity. A post activity discussion will be done on each participant's reflection on how they prioritized their values and what it would feel like to lose each of those values - and why it is important to know one's identity and how it reflects each one of us.

SESSION 2

discovering self-advocacy

ACTIVITY 1: SELF-ADVOCACY - WHAT IS IT? (20 MINUTES)

Participants will view a motivational media video sharing what self-advocacy is and different ways to self-advocate. The instructor will then lead a discussion on the video.

ACTIVITY 2: WAYS TO SELF-ADVOCATE (40 MINUTES)

Participants will engage in role-play situations that require self-advocacy such as: an IEP meeting, a vocational rehabilitation meeting, a job interview, a discussion with parents/guardians, a conflict with a bully, applying for college, etc.. The participants will be able to provide feedback or suggestions to other participants.

SESSION 3

influencing communities

ACTIVITY 1: PANEL INTERACTION (60 MINUTES)

Participants will acknowledge various experiences of self-advocacy and how their identities played a role in it from 3-5 diverse community panel members (can be experienced students, staff, and/or external community members). The panel will have prompts and prepare their responses prior to their session. After the session, the participants will have the opportunity for a Q&A.

