Self advocacy

Why Do We Need Self Advocacy?

People often don't know very much about people who have developmental disabilities.

The things that people read about us in newspapers and books, or hear on the radio or see on television, are often negative, unhelpful or simply untrue.

In the past, people with disabilities have often been shut away. So people have not met us or got to know what we are like or what we think.

As a result, people might avoid us, think of us as second-class citizens, or even treat us badly.

Self advocacy is a way of letting other people know that:

- People with disabilities are people first.
- We are important people; just as important as anyone else in the world.
- Just because we are all different from each other doesn't mean that any of us are less important.
- We want the chance to be full citizens in our community.
- Many of us have shown great courage in overcoming our difficulties.

Notes