Self-Advocacy
/self ədˈvəkəsē/, noun
the action of representing oneself or one's views or interests.

GOALS OF THE SELF-ADVOCACY MOVEMENT

- Having your HUMAN RIGHTS respected
- Making choices about YOUR LIFE
- SPEAKING UP for yourself
- Knowing your CHOICES
- Receiving SUPPORT when you need
- Working toward your own GOALS
- Having things explained in a way YOU UNDERSTAND

- SPEAK UP for themselves
- SPEAK UP for others
- ASK FOR SUPPORT when needed
- HAVE A SAY IN DECISIONS that affect them
- ASK QUESTIONS
- Learn NEW SKILLS
- GET INVOLVED in their communities
- Use PERSON FIRST LANGUAGE

WHAT DO SELF-ADVOCATES DO?

- Person First Language (PFL) is about RECOGNIZING PEOPLE FOR THEIR PERSONALITY before anything else. For example:
  - PERSON WITH A DISABILITY, NOT the disabled, handicapped
  - PERSON WITHOUT A DISABILITY, NOT Normal person, healthy person
  - PERSON WITH AN INTELLECTUAL, COGNITIVE, DEVELOPMENTAL DISABILITY, NOT Retarded, slow, low-functioning, special, delayed
- Self-Advocates USE PERSON FIRST LANGUAGE (PFL) AND EDUCATE OTHERS on how to use it.

- LETTER writing campaigns
- PHONE CALLS to legislators
- Attending assembly and senate HEARINGS
- LOBBYING at the state house
- OUTREACH in the community
- VOTING in all elections

HOW TO INFLUENCE POLICIES IN NJ

This factsheet is designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey since 1983
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