



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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Advocacy and You - Why Your Voice Matters



[Learning Ally Home Page](#)

Video Links

The best person to talk about you - is YOU! You are the person who knows what you want and what you need. Learning to self advocate takes skills and practice. Utilize the resources in this newsletter to get started.

Important Steps FOR SELF-ADVOCACY

- REVIEW**
Make sure you understand your school's system of supports and services. And, where you fit within it.
- RECORD**
Take notes on communications between school staff and you.
- REQUEST**
Seek help from those who have similar experiences. Like advocacy groups or peers.
- REFER**
Help others better understand your strengths, learning challenges, and instructional needs.

KY-SPIN believes in you and your ability to advocate. Whether you are advocating at school, work, or home, we have resources to help.

Speak Up!

Self-Advocacy Worksheet

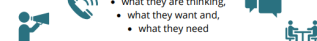
My Name is:
The Important People in my Family or Circle are:
I live at:
My Phone Number is:

Self-advocacy and Speaking Up for myself or for something I believe in.

I can speak up to describe myself, to ask a question or to ask for help.

People who are self-advocates can communicate:

- what they are feeling
- what they are thinking
- what they want and
- what they need



This worksheet can help me prepare to become a better self-advocate.

Starting school means new schedules, new friends, and new teachers. Start the year off right by practicing these steps for Self-Advocacy.

CLICK HERE!

KY-SPIN's "Self-Advocacy Tips"

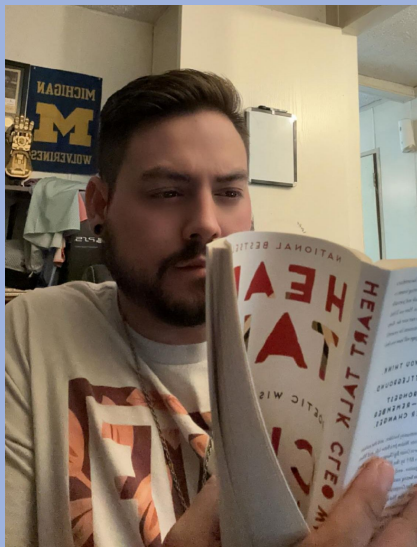
- Be Kind**
Treat others the way you want to be treated. Kindness and respect go a long way in setting the tone.
- Good Hygiene**
Body odor and dirt can be a huge distraction. We want the focus to be on what we are advocating for-not the advocate.
- Dress Nice**
When dressed nicely, we tend to be taken more seriously than someone who is not.
- Ask for Help**
Don't be afraid to ask for help. Asking for help is a great way to get past any problems or obstacles that may arise.
- Speak Up**
Let others know what your needs are. If they don't know your needs they won't know how to help. Know your rights and responsibilities as an advocate.
- Negotiation**
Getting your needs met may take negotiating skills to reach an agreement. Learning and using negotiating skills is extremely important when advocating for yourself and others.
- Disability Disclosure**
Disclosure is not required, but it is very helpful to be able to explain your disability either by speaking, written words, pictures or gestures.

The hardest part about advocating is knowing how to talk about yourself. This Self-Advocacy Worksheet is a great place to get started on learning who you are and what you are capable of doing.

CLICK HERE!

CLICK HERE!

[Check out our KY-SPIN Youth Resources Page](#)



Davis Rodriguez
Youth Engagement Coordinator

"Stand up for yourself and advocate for your wants, needs, and desires. This is the only way to truly live a happy and successful life."

Nick Carpenter Youth Educator

"This is a picture that reminds me that you don't have to be an adult to start advocating. Participating in advocacy groups and activities help you start building the skills to advocate successfully."



Coming Next Month.....

Do you ever feel like people are talking about you and your ability to do your schoolwork - but they keep using words you don't understand? Well, join us next month as we start explaining to you some very important parts of your Individualized Educational Program (IEP) and how you can be a part of it all.



Transition Tuesday Webinar Registration

If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)

Learn more about us [KY-SPIN Infographic](#)

REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com

[Contact Form](#) (www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here](#) (<https://tinyurl.com/4t2evb59>)



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The contents of this eNews were developed under a grant from the US Department of Education, # H328M150009. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.



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