

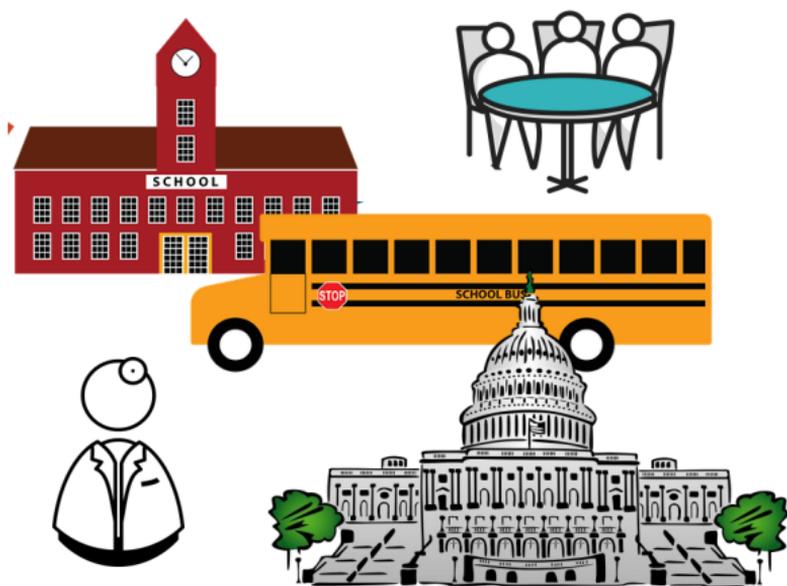
YOUTH SELF-ADVOCACY

NO ONE CAN ADVOCATE FOR
YOU BETTER THAN YOU!

WHAT IS SELF-ADVOCACY?

- * Believing in yourself and your abilities
- * Learning decision making skills
- * Making a difference in your life and in the lives of those around you
- * Making mistakes and learning from them
- * Speaking up for yourself - your needs, your wants, your hopes

WHERE CAN I ADVOCATE FOR MYSELF?



WHY ADVOCATE FOR YOURSELF?

- * To raise self-awareness
- * To increase self-confidence
- * To develop communication skills
- * To have a higher quality of life
- * To inspire others to advocate for themselves

NOTHING ABOUT US, WITHOUT US.

REMEMBER:

You are not alone!
Your voice matters!
Your thoughts matter!
Things can get better!

JOIN OUR PROJECT!

MONTHLY meetings are posted on
our Instagram and Facebook pages!
Check us out @YSAP_DRM

LEARN MORE AT...

drme.org/youth-self-advocacy
sufumaine.org

DISABILITY
RIGHTS
MAINE 



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