Become a Self-Advocacy Superhero!

Confidence Course

An online camp for youth and young adults with disabilities

Future Leaders of Self-Advocacy

The Arc. Minnesota

Contents

Power. Confidence. Kindness. Leadership.
These are the things that make a true superhero!

This workbook will teach you how to be a powerful and confident self-advocate!

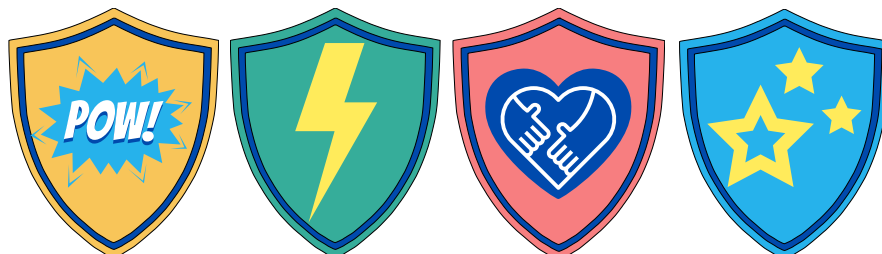With this and other Future Leaders of Self-Advocacy training, you will:

- Build skills that are important in your life
- Learn how to fight for your rights, and
- Stick up for others, too

You'll be a self-advocacy superhero!

Find all of our Self-Advocate Superhero courses at
arcminnesota.org/future-leaders

All About Me!

In this activity, think about yourself and the things that make up who you are. Write or draw your answers in the spaces below.

There are no right or wrong answers! This is about you and no one knows you better than you know yourself.

Things I like about me:

I am
_____
years old!

My dream job is:

Things I like to do:

Important people in my life:

Things that make me happy:

Things I worry about:

I Am A Self-Advocate
Superhero!

Think about all of the superpowers that make you a self-advocate superhero. Draw or write them inside of the superhero below.

Future Leaders of Self-Advocacy

I Am A Self-Advocate ⚡ Superhero! ⚡
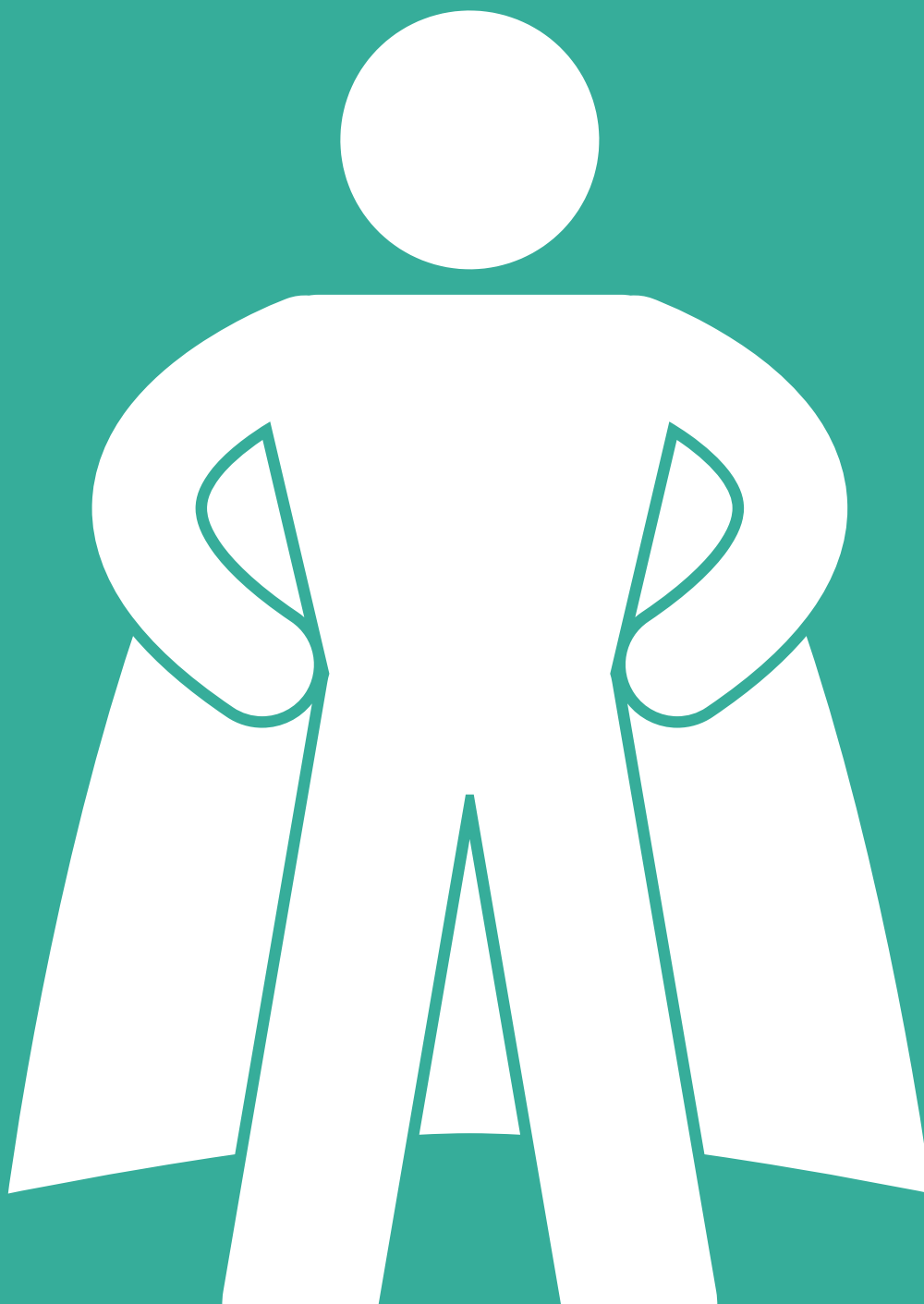
Think about all of the superpowers that make you a self-advocate superhero. Draw or write them inside of the superhero below.

I Can Put the Pieces Together! ⚡

In this activity, you will put together the pieces of your identity. Think about what your disability is and what that means for you. Write or draw your answers below.

What is your disability?

How does your disability empower you?

What ways are you proud of your disability?

Frame Your Future! ⚡

This activity is a mini meditation. We want you to think big and dream of your future. Write or draw your answers in the spaces below.

Dream of a future that you choose...

What do you want for your future?

What can you do to get the future you want?

How can you help others achieve their dreams?

How can you help make positive changes for your community?

Future Leaders of Self-Advocacy

I Can Set Boundaries!

This activity will explain what boundaries are and how to set them in your life. There will be questions for you to answer throughout the activity.

> **Boundaries are rules or instructions for yourself or others.**
> **Boundaries are put in place to keep you safe.**
> **They can also help you keep your relationships healthy.**

Know your Boundaries

Boundaries should be based on your values, or the things that are important to you.
For example, I value spending time with my friends.

What do you value? What is important to you?

Your boundaries are yours, and yours alone. Many of your boundaries might be the same as those you are close to you, but others will be unique.

Know your boundaries before entering a situation. This will make it less likely you'll do something you're not comfortable with.

For example, I know that I value spending time with friends. Because of this value, when I am busy, I will set a boundary to make sure I have time to be with friends.

What are some boundaries you could set in your life?

I Can Set Boundaries! ⚡ Part 2

Communication

You always have the right to tell people what you want and what your don't want. You have the right to tell someone "yes" or "no". When you set boundaries, it is important to communicate clearly so that there is no confusion or doubt about what you want.

How to tell someone what you DO want

"I am comfortable with this"   "Please do that"   "I've decided to"

"I can do that for you"   "I would really like that"   "This is okay with me"

What are some ways you can tell someone "yes"?

How to tell someone what you DO NOT want

"I'm not comfortable with this"   "Please don't do that"   "I've decided not to"

"I can't do that for you"   "I don't want to do that"   "This is not okay with me"

What are some ways you can tell someone "no"?

I Can Set Boundaries!

Part 3

It is important to think about your actions and body language when you want to set boundaries. This can help you clearly communicate your boundaries and avoid conflict.

Your Actions Are Important

Body Language

One way to set boundaries with your actions is by having confident body language. For some people, this means making eye contact or using a steady tone of voice (not too quiet, and not too loud).

What does confident body language mean to you?

Plan ahead

Think about what you want someone to know, and how you will tell them, before a discussion. This can help you feel more confident.

How will you plan ahead? Set some goals:

I Can Set Boundaries!

Be Respectful

When you are communicating your needs, it's okay to be firm. It is also important to be respectful and honest. Try not to fight, use put-downs, or ignore someone.

What does being respectful mean to you?

Compromise

It is important to think about and understand other people's needs. Sometimes you might have to compromise, but not on things that are important for your health and safety.

Think about what you *can* compromise:

Think about what you *can't* compromise:

I Can Set Boundaries!

Practice Setting Boundaries!

In this activity, you will practice setting boundaries. You will think about how you would respond if you were really in the situation. Think about the language you would use to firmly and respectfully set your boundary.

For Example:

Situation: Your friend calls you at 11 pm to talk about problems they are having with a friend. You need to wake up at 6 am.

Your Response: "I can tell you're upset. I want to talk to you, but I need to go to bed. Maybe we can talk tomorrow afternoon."

Your Turn!

Situation: You invited a friend over for the evening, but now it's getting late. You would like to get ready for bed, but your friend seems unaware of how late it is.

How would you respond? Practice your response here:

Situation: A good friend asks you out on a date. You would like to let them know that you don't want to date, but DO want to keep them as a friend.

How would you respond? Practice your response here:

Situation: A friend is gossiping about someone you know. They are saying things that are mean and hurtful about the person. You don't agree and this is making you feel uncomfortable.

How would you respond? Practice your response here:

Future Leaders of Self-Advocacy

Always remember you have the power to set boundaries in your life!

1. Your ideas, feelings, wants, and needs are important.
   a. True
   b. False

2. What does disclosing your disability mean?
   a. You share information about your disability with others.
   b. You do not share information about your disability with others.

Answers: 1. a 2. a

Future Leaders of Self-Advocacy