



**Employment Program
Self-Advocacy Workshop Syllabus**

- I. Identifying and Understanding Self-Advocacy**
 - a. What does self-advocacy mean to you?
 - b. What is self-advocacy?
 - c. Why is Self-advocacy important?
- II. Identifying Ways to Improve Self-Advocacy (Step 1)**
 - a. Defining strategies to promote self-advocacy
- III. Identifying ways to improve Self-Advocacy (Step 2)**
 - a. What are my strengths already in self-advocating?
 - b. What areas can I improve in to self-advocate better?
- IV. Identifying Ways to Improve Self-Advocacy (Step 3)**
 - a. How to include self-advocacy in my everyday life?
- V. Identifying Rights and Responsibilities**
 - a. What are Rights?
 - b. Right 1- The Right to Send and Receive Mail
 - c. Responsibility 1- What is my responsibility
 - d. Right 2- I Have The Right To Make Phone Calls
 - e. Responsibility 2- Making phone calls
 - f. Right 3- I have the right to spend and receive money
 - g. Responsibility 3- Spending and receiving money
- VI. Rights and Responsibilities Continued**
 - a. Right 4- I have the right to be safe
 - b. Responsibility 4- Being Safe
 - c. Right 5- I have the right to Vote
 - d. Responsibility 5- Voting
 - e. Right 6- I have the right to live where I want
 - f. Responsibility 6 Where I want to live
- VII. Rights and Responsibilities Continued**
 - a. Right 7- I have the right to belong to groups, clubs or organizations
 - b. Responsibility 7- Belong to groups clubs and organizations
 - c. Right 8- I have the right to my best possible health
 - d. Responsibility 8- Best Possible Health
 - e. Right 9- I have the right to practice cultural and religious beliefs
 - f. Responsibility 9- practicing cultural and religious beliefs
- VIII. Rights and Responsibilities Continued**
 - a. Right 10- I have the right to be heard, freedom of speech and expression
 - b. Responsibility 10- Being heard, freedom of speech and expression

- c. Right 11- I have the right to be free of abuse, neglect, exploitation and mistreatment
- d. Responsibility 11- free from abuse, neglect, exploitation and mistreatment
- e. Right 12- I have the right to have and keep my personal possessions
- f. Responsibility 12- having and keeping my personal possessions

IX. Rights and Responsibility continued

- a. Right 13- I have the right to privacy
- b. Responsibility 13- right to Privacy
- c. Right 14- I have the right to obtain meaningful and Productive work/day
- d. Responsibility 14- obtaining meaningful and productive work/day

X. Rights and Responsibility continued

- a. Right 15- I have the right to decide what people say, share and write about me
- b. Responsibility 15- what people say, share and write about me
- c. Right 16- I have the right to make decisions about my life
- d. Responsibility 16- Making decisions about my life

XI. Rights and Responsibility Continued

- a. Right 17- I have the right to have family, friends and intimate relationships
- b. Responsibility 17- Having family, friends and intimate relationships
- c. Right 18- I have the right to grieve or disagree
- d. Responsibility 18- Grieving and Disagreeing

XII. Advocating in the work place

- a. Job Coach responsibilities
- b. Employer relationships
- c. Soliciting feedback on Job performance
- d. Communicating with co-workers and immediate supervisor

XIII. Recap of Self-Advocacy Program