



# Green Mountain Self-Advocates

## Youth Summit

September 7, 2016

Burlington, VT



### Group Agreements



### Ice Breaker Game ~ Would You Rather?



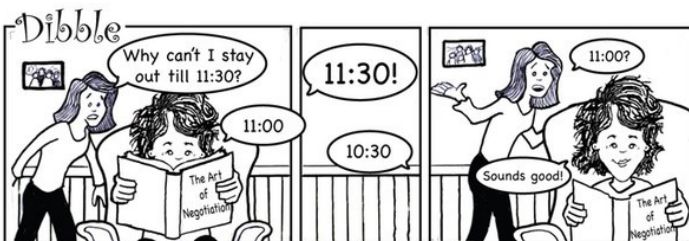
### Green Mountain Self-Advocates ★What we believe ★



### Standing Up for Yourself



### Activity: What is Self-Advocacy?



### Making Your Case

# Group Agreements

When groups get together, they come up with a list of things to do and say that make workshops go smooth. We call this group agreements.



**Confidentiality - personal stories stay in the room**



**Raise your hand if you want to speak**



**Encourage others to speak and give their answers.  
Be open to everybody.**



**Only one person speaks at a time.**



**No question is silly**



**No texting or calling during a meeting.**



**During conflict, consider different ideas. No judging.**



**Step Up and Step Back**

# Ice breaker Game—A fun way to practice making choices

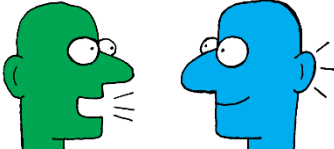


Would You Rather be a deep sea diver	Or Would You Rather be an astronaut
Would you rather live in a city	Or Would You Rather live in the country
Would You Rather find true love	Or Would You Rather find millions of dollars
Would You Rather go to an amusement park	Or Would You Rather go to a national park
Would You Rather know it all	Or Would You Rather have it all
Would You Rather live without music	Or Would You Rather live without T.V.
Would You Rather spend the day surfing the internet	Or Would You Rather spend the day surfing the ocean
Would You Rather have one wish granted today	Or Would You Rather have 3 wishes granted in 10 years
Would You Rather have a shower	Or Would You Rather have a bath
Would You Rather Sleep in	Or Would You Rather Get up Early
Would You Rather go to a Big party	Or Would You Rather Eat out with your best friend
Would You Rather go to a sporting event	Or Would You Rather go to a concert
Would You Rather it be Summer	Or Would You Rather it be Winter
Would You Rather go to the beach	Or Would You Rather go snowboarding
Would You Rather See the future	Or would you rather change the past

Self-advocacy is letting other people know what you think, feel and what you need.

# Standing Up For Yourself

Self-advocacy is part of self-determination. Once you know what you want and need, you have to be able to tell other people. That's the only way to make your dreams come true!



Whether you talk, use sign language or gestures, point to pictures, get support to type or any combination of these ways to communicate, it is important to let other people know what you are thinking and feeling.

Learning how to speak up for yourself can be hard, but self-advocacy is something that gets easier with practice.

**Activity:** First try to answer the following questions on your own. Then work and share together as a group.



#1 Write down a time you let other people know what you thought or felt about something, or asked for something you needed.

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#2 Write down a time you did NOT let other people know what you thought or felt about something, or did not ask for something you needed, but wish you had.

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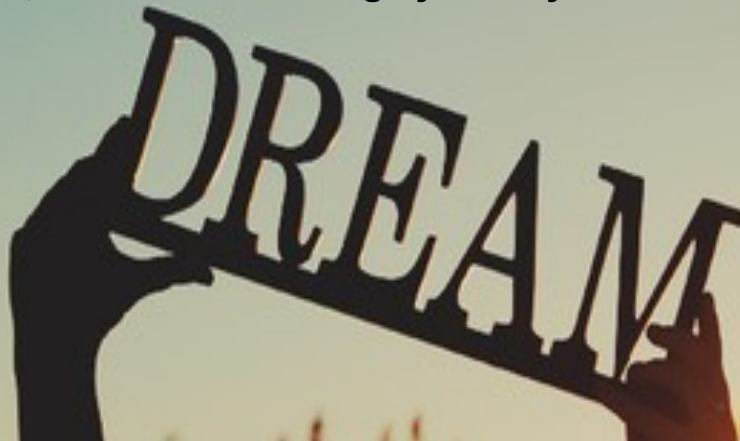
Self-Advocacy is...	Self-Advocacy is NOT...
People speaking-up for what they think is important	People sitting around and complaining
Something everyone is capable of	Only for people who can talk.
Here to stay	You do it once and never again
Making Changes	Keeping everything the same
Speaking up without putting others down. Say it is a way others can hear it.	People being rude, disrespectful, and not listening to others.
People making decisions	Other people making decisions for you
Taking responsibility for your actions	Blaming others
Learning to trust	Living in fear
Recognizing your anger and working through it	Staying angry
A way of life	Just a class you take
Something you keep learning about. You get better at each year	Just talk about it one time and that's it
Taking risks, trying new things	Playing it safe, doing the same stuff
Going after your dreams	Sleeping through your dreams
Making mistakes..... and learning from them	Not taking any chances
Asking questions	Being questioned


# Making Your Case

Write down or find a picture that shows something you want to try. It can be something new that you have not done before.

Pick something you have strong feelings about giving it a try. Something you have been wanting to do for a long time.

Then list the people, activities and things you may need to make this come true.



<b>Pick Something New You Want To Try</b> 	<b>Practice Making Your Case</b> What Do You Need?		
	Are there People that could help you?	Are there skills you could learn that could help you?	Are there things that would be helpful?





## **ACTIVITY: Can You Really? Yes, I can!**

Now we want you to do an activity to practice believing in yourself and showing self-confidence. You will practice what can you do if someone says you cannot try something new?



**Watch Max and Topper do a role play.**

Max wants to try riding his bike to town; Topper is the family member that challenges Max. Watch Max make his case.

**Now it is your turn to make your case.**

**Work with a partner. A teacher or support person could help out here.**

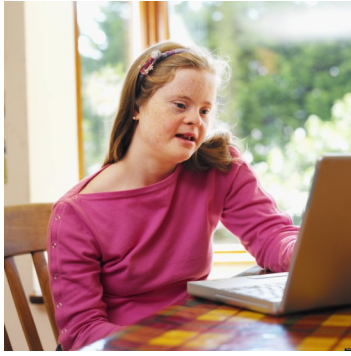
**The teacher or support person will be the “challenger”.**

**You will practice making their case.**

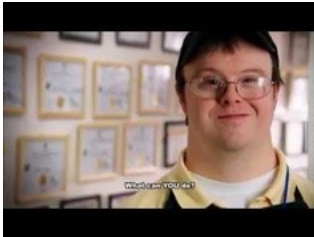
**The challenger will come up with lots of reasons why it will not work**

**If you gets stuck, pause for a moment and ask for help from your peers to come up with ideas to make your case.**





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