Green Mountain Self-Advocates Youth Summit

Basic Description:
GMSA has developed scripts and materials for a 6-hour Youth Summit. Activities are geared for students who experience a wide variety of developmental disabilities. The presenters are adults with developmental disabilities supported by allies. The Summit can be held on one day or split into two days.

Typically, 4 to 6 high schools participate. There can be 20 to 40 students supported by teachers as needed and 10 teachers.

Allow for up to 6 months to recruit students. Vermont is a rural state so we select a county and approach all the high schools. We recommend getting letters of recommendation from teachers and students who are familiar with your work to give to new school contacts.

We typically rent a meeting room and provide refreshments or lunch as needed. Attendees receive resources about joining a self-advocacy group nearby (Roadmap to Self-Advocacy) and other resources. The agenda includes:

- Establish Group Agreements
- Several Interactive Ice Breaker Games About Making Choices
- Green Mountain Self-Advocates: What We Believe
- Activity: What Is Self-Advocacy?

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- Life is Good and Getting Better: Peer Advice
- Activity: Making Your Case Role Plays
- Positive Self-Talk (Are your words proactive or reactive?)
- Proactive Vs Reactive Problem Solving Activity
- One Page Profiles

Green Mountain Self-Advocates www.gmsavt.org ~ 2015
GMSA and The Bridging Program ~ Youth Summit

Wednesday 9/30/15
And
Friday 10/2/15
9:00 am—12:00 pm

Location:
Elley Long Music Center
223 Ethan Allen Ave.
Colchester, VT

Participating Schools:
Burlington High School,
Colchester High School,
Mt. Mansfield Union, Winooski
High School, South Burlington HS

Each school is invited to elect 6 students with disabilities to attend the Youth Summit. (Please limit support staff to 3 people)

Event is Free

Do you have Questions about the Youth Summit?
Call Karen Topper at (802) 229-2600 or email topper@gmsavt.org

Funded By: VT Developmental Disabilities Council
Registration Form for GMSA Youth Summit
We expect you to attend both days—9/30/2015 and 10/2/2015

Please submit one form for your school. Email completed form to topper@gmsavt.org.

School Name: ____________________________________________

Contact Person: __________________________________________

Phone Number: __________________________________________

Email: __________________________________________________

Name and Grades of Students Attending

1. _________________________________________________________ Age: ________
   Please list accommodations, if any: ________________________________

2. _________________________________________________________ Age: ________
   Please list accommodations, if any: ________________________________

3. _________________________________________________________ Age: ________
   Please list accommodations, if any: ________________________________

4. _________________________________________________________ Age: ________
   Please list accommodations, if any: ________________________________

5. _________________________________________________________ Age: ________
   Please list accommodations, if any: ________________________________

6. _________________________________________________________ Age: ________
   Please list accommodations, if any: ________________________________

Please List any Teachers/ Support Staff Who Will be Supporting Students:
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

Please return this Registration Form by Friday, September 25, 2015.

Email to topper@gmsavt.org or mail to: GMSA, 2 Prospect St., Suite 6, Montpelier, VT 05602
Green Mountain Self-Advocates
Youth Summit
September 30th and October 2, 2015
Elley Long Center, Colchester, VT

Group Agreements

Ice Breaker Game ~ Would You Rather?

Green Mountain Self-Advocates ★What we believe★

Standing Up for Yourself

Kris Medina ~ Peer Advice

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

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

#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.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

<table>
<thead>
<tr>
<th>Pick Something New You Want To Try</th>
<th>Practice Making Your Case</th>
<th>What Do You Need?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Are there People that could help you?</td>
<td>Are there skills you could learn that could help you?</td>
</tr>
</tbody>
</table>

Green Mountain Self-Advocates  www.gmsavt.org
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.
Funding for the Youth Summit was provided by the Vermont Developmental Disabilities Council
Quick Review of what we learned on Wednesday

Man in the mirror

What do you think?

Snow Ball game

Listen to your words

Proactive vs Reactive

One Page Profiles
Who is the only person you can change?

If you want to make a change in your life, the place to begin is with yourself, not with your parents, your friends, your teachers, or your boss.

All change begins with you.
When something goes wrong....
What do you think?
What do you say?

The more good things you think, the more positive things you say
The stronger you will feel

Try to go an whole day without putting yourself down. Each time you catch yourself putting yourself down, you have to rewind and say three positive things about yourself.

Practice!

Make a list of 3 positive things about you

1. _______________________________

2. _______________________________

3. _______________________________
Be Gentle with Yourself

1. Try to go a whole day without putting yourself down. Each time you catch yourself putting yourself down, you have to rewind and say three positive things about yourself!!!!

Be Honest

2. The next time a friend or your parents ask you about what you’re doing, share the whole story. Don’t leave out information. Say how you feel.

Tap Into Your Talents

3. Think of something you are pretty good at and make a plan to get even better. Talent I want to get better at this year: ____________________
   Steps to get there: ____________________

Do Random Acts of Service

4. Sometime today, do a kind “secret” favor for someone, like writing a thank you note, taking out the trash, or washing someone's dishes.

Keep Promises to Yourself

5. Pick one easy thing that needs to be done today, like putting in a batch of laundry, or calling a friend to make a plan for the weekend. Decide when you will do it. Now, keep your word and get it done.

Renew Yourself

6. Pick a fun activity that will lift your spirits and do it today. For example, turn up the music and dance.
7. Feeling low energy? Get up right now and go for a fast walk
Be Proactive

It builds courage to take risks
Accepts new challenges to go after your goals

- I am a responsible person.
- I choose my actions, attitudes, and moods.
- I do not blame others for my wrong actions.
- I am in charge of me
- I do the right thing without being asked, even when no one is looking.
REACTIVE People
These are NO Can Do People

- Blame others.
- Get angry and perhaps say some things they later regret.
- Feel like victims.
- Whine and complain.
- Make excuses.
PROACTIVE People Are CAN DO People

- Realize they have choices and take responsibility for those choices
- Bounce back when something bad happens in their lives.
- Look for options.
- Focus on things they can do something about, and don’t worry about the other things.
- Think positive
- Stay true to yourself and what you believe. Say no to peer pressure
“Reactive Language” Activity

Do you ever hear people (or perhaps even yourself) say things like:

- “I have to go.”
- “He makes me so angry.”
- “If only . . .”
- “That’s just the way I am.”
- “I can’t do anything about that.”

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“Proactive Language” Activity

Do you ever hear people (or perhaps even yourself) say things like:

- “I choose to go”
- “I will decide how to deal with this”
- “I am responsible”
- “I can.”
- “Let’s look at all of the options.”

__________________________________________
__________________________________________
__________________________________________
__________________________________________
__________________________________________
Sometimes things go wrong, and we feel shaken up. As a result, we might EXPLODE on someone or something. This is called being RE-ACTIVE. Has this ever happened to you? Explain what happened and why. Was this a good way to let go of all of your feelings? Why or why
When you are **PROACTIVE**, you make a choice about how you react to the things that happen in your life. You act like a water bottle. You might get shaken up or mad, but you stay calm and don’t explode!
1. The next time someone flips you off, give them the peace sign back.

2. Listen carefully to your words today. Count how many times you say reactive words, like "You make me ..." "I have to ..." "Why can't they..." "I can't ..."
Reactive words I use most: ___________________________

3. Do something today that you have wanted to do but never dared. Leave your comfort zone and go for it. Ask someone out on a date, speak up at a meeting, or join a team.

4. Write yourself a Post-it note:
"I" will not let ____________________________________
decide how I'm going to feel." Place it in your dresser, on your mirror, or in your day book and refer to it often.

5. At the next party, don't just sit against the wall and wait for excitement to find you, you find it.
Walk up and introduce yourself to someone new.
6. The next time you hear your boss say something that you think is unfair, don’t blow it off or cry about it, make an appointment with your boss to discuss it and then see what you can learn.

7. If you get in a fight with a parent or a friend, be the first to apologize.

8. Pick something that you always worry about BUT have no control over. Decide now to drop it.
   Thing that I can’t control that I always worry about:
   _______________________________________________________________________

9. Push the pause button before you react to someone who bumps into you in the hall, calls you a name, or cuts in line.

10. Ask yourself, “What is my most unhealthy habit?” Make up your mind to do something about it.
    My Most unhealthy habit: _________________________________________________
    _______________________________________________________________________
    What I’m going to do about it: ______________________________
    _______________________________________________________________________

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