

2020 Youth Summit with Chittenden County High Schools - Activity Options

**SELF
ADVOCACY:**
How it
changed me
as a person



Self-Advocate leader shares story of how they got involved in self-advocacy and how it has impacted their life.

Videos: Show videos and discuss.



Highlights from the **2018 National Self-Advocacy Conference** hosted by SABE in Birmingham, Alabama.

https://www.youtube.com/watch?v=dd6eV7ZKp2s&feature=emb_logo



What is Self-Advocacy? Self-advocates from across the world tell us what self-advocacy means to them.

https://www.youtube.com/watch?v=sOX3LWUD2_g&feature=emb_logo

Knowing Yourself. This is the first step of self-advocacy.

- Who we are...
- What we like...
- What we do NOT like...
- And, what we want to do more of in the future.

You need to know what you want when making important decisions We all make decisions based on what we like and what we do NOT like. It is important to remind ourselves of who we are.

Knowing Yourself.

Step 1 - Work in groups. Each group has an ally to help

Step 2 - The ally reads the sentence.

- If I could learn anything, I would choose to learn ...
- I wish people would see me as
- If I could do anything, I would do ...



Step 3 - First, think quietly for 1 minute about how you would finish this sentence.

Step 4 - Write your answer

Step 5 - Talk to each other. Say your answer. Discuss why you want to learn this.

Let's practice before we go into groups. Here is a sentence starter that we will practice finishing. First, I will give an example. Then, it will be your turn. Raise your hand and I will call on you.

The best part about summer is _____

Icebreaker – Works well to get new students engaged.

Step 1 - Think of something you are good at, or a skill you have.

Step 2 - Write it in big letters on a single of paper. Hide it. Don't show anyone.

Step 3 - Think about how you could show this skill without words or speaking, such that others would be able to guess.

Script

We're going to play a Guessing Game. Here are the instructions. Before you begin I will demonstrate the game.

- We want each student to think of something they're good at, or one skill they have.
- Write it in big letters on a single of paper. After you do that, hide it. Don't show anyone. (except the teacher that helps you)
- Now, think about how you could show this skill without words or speaking, such that others would be able to guess.

Presenter will act out an example without words:

The examples are “Drawing” and “shoveling snow”.

Get 2 pieces of blank. On one write “I am good at Shoveling Snow” and on the other “I am good at Drawing.” Act out doing these activities. Then, after the students guess - show your paper.

The students work alone or with an ally to do the activity.

Presenter says, Now I want two students to come to the front. Remember stay 6 feet apart. Okay - “Who wants to act out what they are good. Remember no talking. Who wants to guess?” (Wait for students to pick their roles.)

Okay the person acting out, go ahead and show what you are good at without words or speaking. Do it like I just did. AND just the other person will guess.

The audience will watch in silence. No giving any hints.

When the person guesses correctly – show your paper with the answer.

Show what you wrote for a skill that you are good at.

Then presenter ask for 2 more volunteers.

Do the same thing.

Then have students work in groups. Give everyone a chance to play the game.