

# The Self Advocate Artistic Movement

## Power of Protest Art Workshop



Presented By SARTAC Fellow:  
Ocean C. Poet



# Photo and Art Release Form

As part of our workshop, we have a release form that we would appreciate if you could sign.

- By signing this form, you give The Arc Minnesota permission to use and share your photographs, stories, artwork, and recordings for their public outreach and mission-related purposes.
- This includes publications, social media, videos, and other promotional materials.
- Please take a moment to read the form, ask any questions you may have, and sign if you feel comfortable.



# Welcome To The Power of Protest Art Workshop



My name is Ocean C. Poet. I am a 58-year-old, multi-raced, transgender male, artist, writer, poet, musician, and animator, living in St. Paul Minnesota. I have been a self-advocate for 6 years.

I have published seven books including a graphic novel, self-help, and poetry. Visit [my website](#) to learn more.

I believe art is helpful in self-advocacy because it allows people to express what's inside of them.

"Your art is your words. Your words are your art. Your art is your protest."

# Workshop Agenda

- 1: Self-Advocacy
- 2: Protest Art Lesson
- 3: Break/Set-up
- 4: Painting and Drawing
- 5: Reflection and Share Out
- 6: Close Out



What Does it  
Mean to Be a  
Self-Advocate?



# Self-Advocacy

Self-Advocacy is learning how to speak for yourself and make your own decisions about your life.

Self-advocacy also includes:

- Learning about yourself
- Knowing your rights
- practicing self-advocacy skills
- Problem solving
- Making decisions
- Asking for help



# Self-Advocacy

While self advocacy is important for everyone. Self advocacy is especially important for people with intellectual and developmental disabilities.

- When people do not advocate for themselves, they may be pushed to do things that don't feel right to them.
- Learning to advocate for yourself may seem scary or hard.
- You don't have to do it alone.
- We are all learning and growing together.



What is Disability Art?



# What is Disability Art?

- Artwork created by people with disabilities.
- Disability art can come in all forms, like:
  - paintings
  - sculptures
  - music
  - drama
  - digital creations
  - and more
- The key part is that it reflects the perspective of a person with a disability.





# Why Is Disability Art Important?

- it is a form of self-expression
- brings awareness
- challenges stereotypes
- powerful way to advocate
- connects us to each other
- adds to Disability Culture



Sensory Needs Are Normal, By AJ

What is Protest  
Art?



# What is Protest Art?

Protest art is art that sends a strong message about important issues.

Protest art can be made in different ways, like:

- paintings
- sculptures
- music or
- artistic performances

The main goal is to make people think and talk about important topics like inequality, Disability and human rights, or the environment, etc.



Nothing About Us Without Us, By Ocean C. Poet



# Disability Advocacy and Protest Art

Protest art has played a big role in the fight for disability rights.

Disabled artists have used their art to:

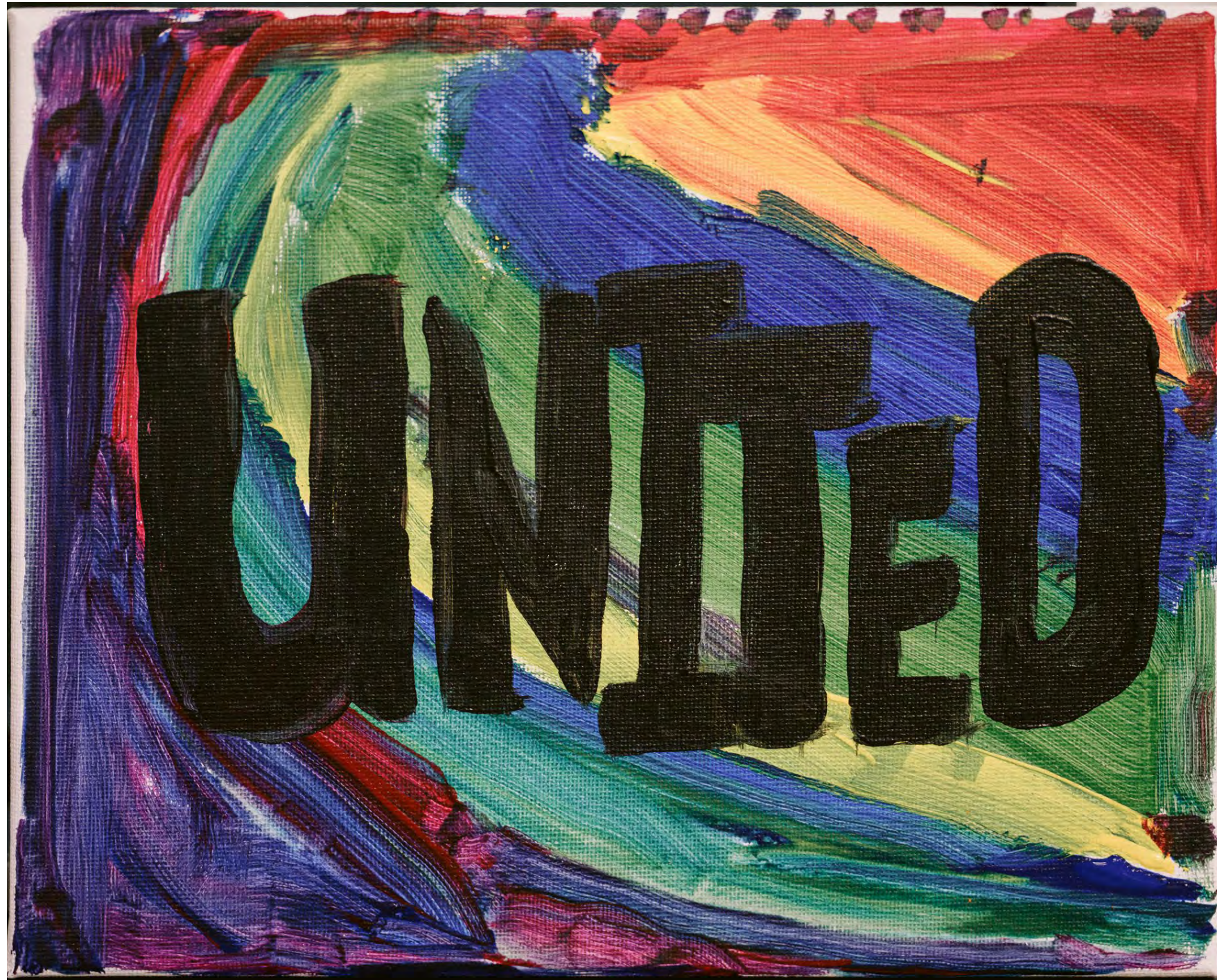
- share their experiences
- challenge ideas about disability
- help people understand what they're going through and
- ask for change



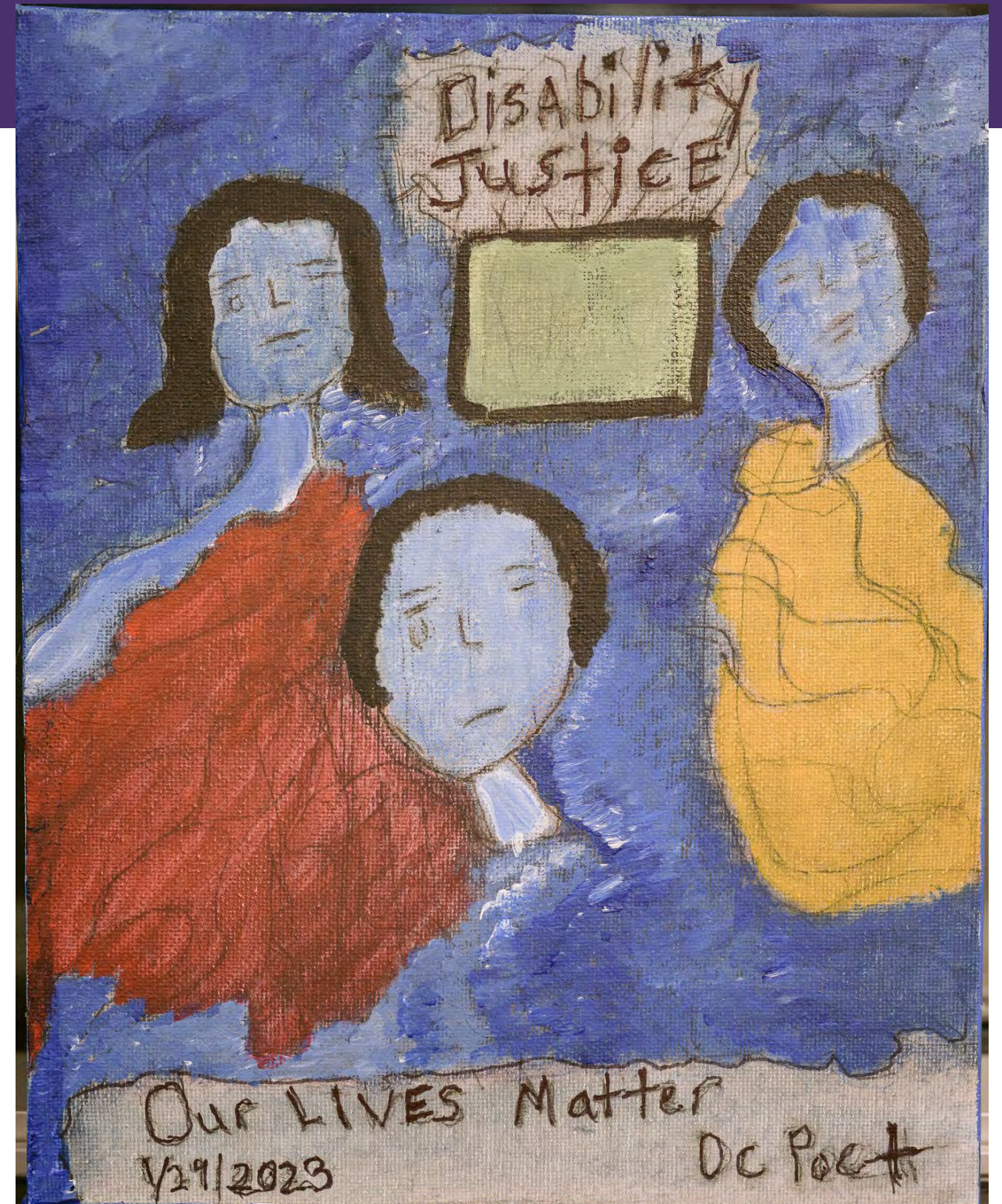
Stop Cutting Human Services, By Heidi M.



# Examples of Protest Art



United, By Kaite M.



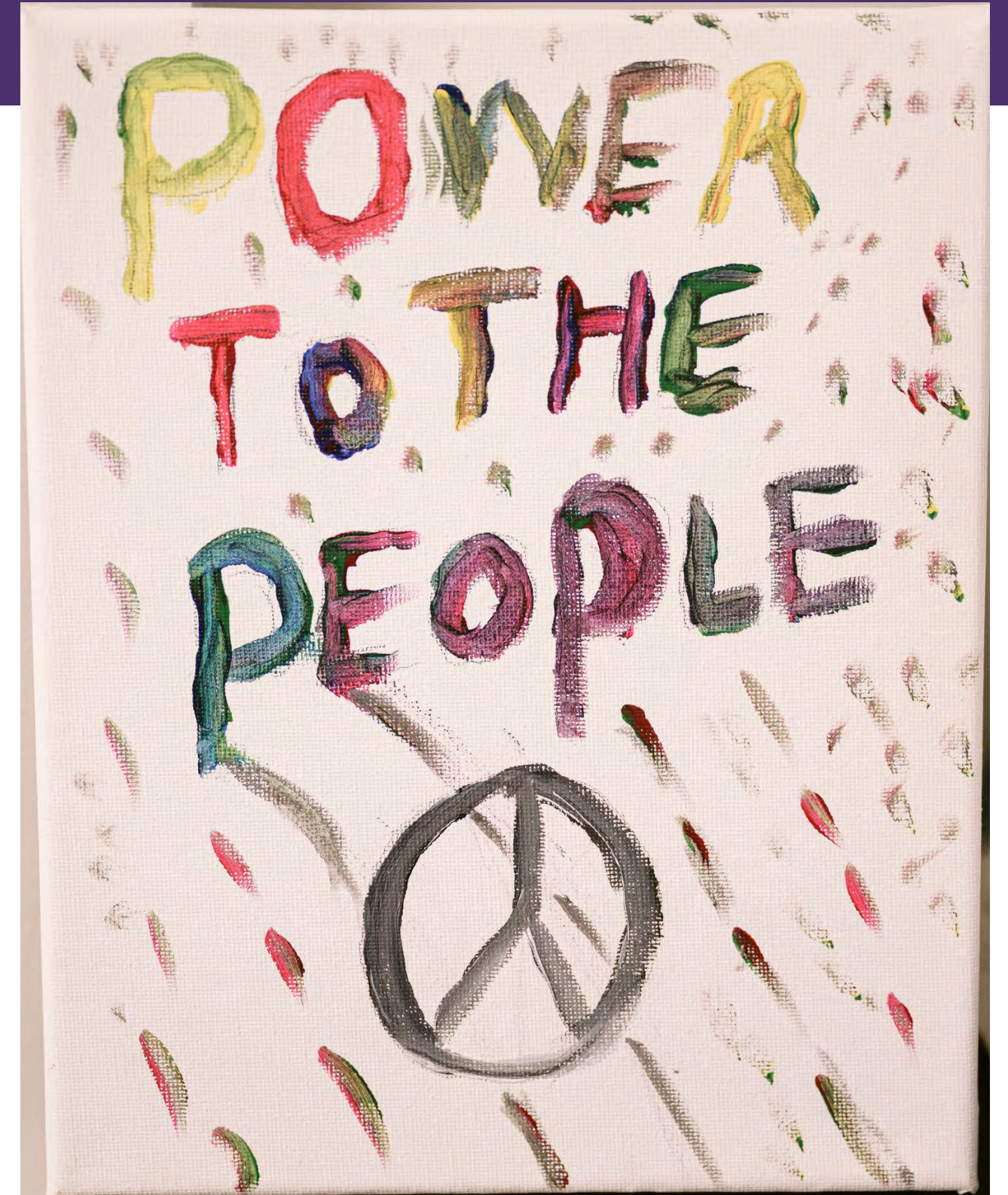
Our Lives Matter, By Ocean C. Poet



# Examples of Protest Art



Disability Rights Are Human Rights, By Ocean C.  
Poet



Power To The People, By Ocean C.  
Poet



# Examples of Protest Art





**Combining Self-  
Advocacy with  
Art is Powerful!**

**Protest Art has the  
power to fuel social  
change and impact  
our Human Rights!**



# Drawing and Painting Activity

# Activity Directions

Now it's time to make our protest art!

- please grab the painting materials you need
- you will paint for an hour
- we have volunteers here who can help if needed
- if you have any questions feels free to ask
- please title your artwork

Afterwards, we will have time to share our paintings.



# Break/Set-up

Let's take a 5-minute break to get set-up.



Welcome  
Back!

# Share Out

Raise your hand if you want to share the art you created.

Please introduce yourself with:

- Your Name
- Your Pronouns
- The title of your artwork
- Tell us what Inspired you?



Thank You  
for Joining  
us!

# SARTAC Disclosures

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“The Self Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE), the oldest national self-advocacy organization in the country. SARTAC is a Developmental Disabilities Project of National Significance, funded by the Administration For Community Living – Administration on Intellectual and Developmental Disabilities (AIDD). The information in this manual was written to provide guidance for self Advocates and their allies to assist in understanding policy issues affecting their lives. It is not to be used to determine a person's legal rights or an organization's legal responsibilities under Section 504 of the Rehabilitation Act of 1973, as amended; the Americans with Disability Act of 1990, as amended or any other federal, state or local laws written to protect the rights of people with disabilities.”