

Self-Determination-Series 2
Session 1 – Review, Self-Advocacy,
and Communication Overview

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Welcome!


Your Name 

↓

City you live in 

↓





If you are a dog or cat person, you can't pick because you like both, or neither and prefer some other animal 




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Ground Rules for Meeting Online

-  Cameras on when possible
-  Use chat or raise hand to talk (Zoom or actual hand)
-  Listen to understand
-  Ask questions with the microphone or in chat



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Session Overview

- **Session 1: Self-Determination Review, Self-Advocacy, and Communication**
- **Session 2:** Thoughts and Communication
- **Session 3:** Flexibility, Compromise, and Communication
- **Session 4:** Person Centered Planning, Supported Decision Making, Attitude, and Communication



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Today



- Review components of self-determination
- Review what self-advocacy means
- Discuss self-advocacy and communication
- Talk about some basics of communication
- Watch one or more videos
- Get home practice activities



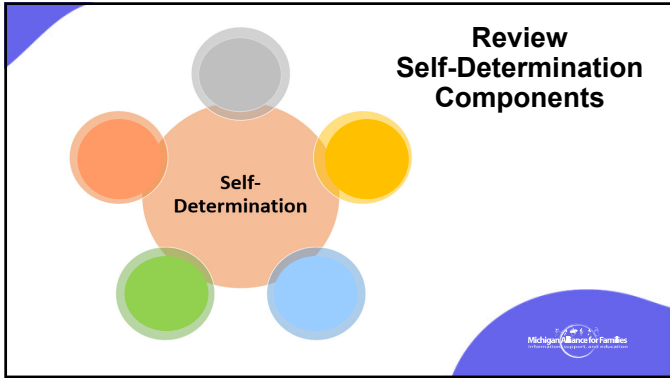
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Self-Determination

Being in control of who?
Being in control of what?
Being in control where?



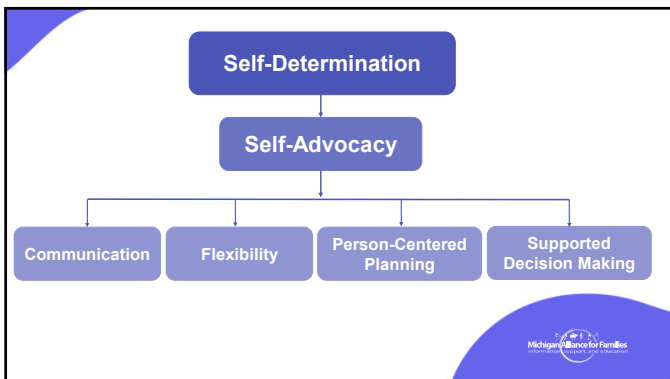
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Self-Advocacy

Review




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Which one is Self-Advocacy

A. My mom makes my doctor's appointments

B. I don't worry about it if I don't hear from my doctor

C. I make my own doctor's appointments

(Put A, B, or C for your answer in the chat)





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As a Self-Advocate..

YOU...

- Know what you want and what is possible for you
- Have more control of you
- Make life decisions with people who can support you
- Understand your disability, your strengths, your challenges
- Willing to be flexible and compromise
- Know you have legal rights
- Communicate (speak-up) for yourself and what you need (not just what you want)


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Self-Advocacy Means...

YOU are more and more

(hint: starts with an i...)

- **independent**




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Getting better at self-advocacy...

- A. Can happen quickly if you try hard
- B. Takes time and you can keep working on increasing self-advocacy
- C. Only matters if you have challenges with learning

(Put A, B, or C for your answer in the chat)




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Where we Self-Advocate

- **Home**
 - Making your bed
 - Helping with meals
 - Staying alone
 - Taking a shower without reminders
- **School**
 - Taking part in your IEP
 - Asking a teacher for more time on a test
 - Using a calendar for due homework assignments



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Where we Self-Advocate

- **Work**
 - Asking for help
 - Disclosing a disability
 - Getting up on time
- **Community**
 - Making doctor appointments
 - Sharing a bank account
 - Ordering for yourself at a restaurant






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Which law has to do with self-advocacy?

A. The ADA (Americans with Disabilities Act)
 B. The ADA (Americans with Dogs Act)
 C. The APA (Alliance for Disabilities Act)

(Put an A, B, or C for your answer in the chat)





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Self-Advocacy

Civil Rights Law: Americans with Disability Act (ADA)

- Illegal to discriminate against people with disabilities in employment, transportation, public spaces, communications, and access to government programs
- Section 504 of the Rehabilitation Act, the Individuals with Disabilities Education Act (IDEA) and ADA work together to protect children and adults from discrimination, exclusion, and unequal treatment in education, employment, and in the community
 - IDEA: Individualized Education Program (IEP)-your education plan to meet your specific needs and provide an appropriate education and related supports and services



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Communication
VERY Important for
Self-Advocacy




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What is Communication?

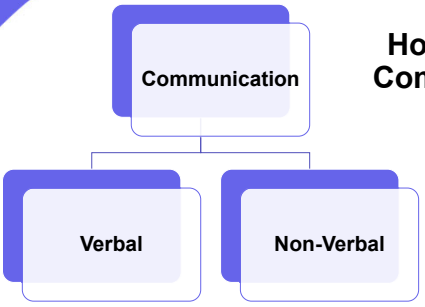
- Getting and sending messages to other people
- Verbal, non-verbal, both
- 2-way: between 2 or more people
- Communicate our thoughts and ideas to understand each other



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How People Communicate





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Verbal Communication

- Using words or sounds
- Relaying how we feel or think
- Transfer our words between people (conversations)
- What and how we say things out loud
- Takes place in person, by phone, through the computer or television, radio





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Non-Verbal Communication



- Communication without speaking words
- Also called body language
- We read other's non-verbal communication and they read ours

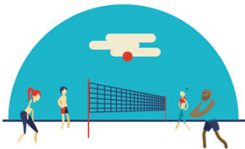



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2-Way Communication

- Communication is like a volleyball game, it goes back-and-forth
- One is talking or communicating, one is listening



You take a turn, I take a turn

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2-Way Communication

- Someone communicates something, and someone else responds with text or visuals
- Applies the same to people who do not use words as their way of communication





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What's the problem with 1-Way Communication



- Listener does not get a chance to talk or communicate-they are not included
- They get bored
- They leave the conversation
- May think the other person does not care





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2-Way Conversations

Conversations go back and forth, like a v ___ b ___ game!

Answer: volleyball

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Communication Partner

Who you are communicating with or talking to, and who is listening or responding




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Communication Partner

Who is your communication partner if...

- You are talking to your mom?
 - Your mom
- You are talking to your teacher?
 - Your teacher
- You are talking to your boss?
 - Your boss
- You are talking to your classmate?
 - Your classmate






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Topics


What are topics?

- Something you are talking about
- Stay on topic when talking
- Common interests
- Examples
 - Weather
 - Hobbies
 - Travel
 - Food
 - Animals
 - Anything you might be talking about

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Comments and Questions



2-way communication includes:
 Comments: a **statement** related to the topic
 and
 Questions: **asking for information** related to the topic

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Comments and Questions

Make 2-3 comments ABOUT THE TOPIC, then ask a question ABOUT THE TOPIC



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Question or Comment

- What is your favorite snack **Question (?)**
- Wow, that's cool **Comment (.)**
- I like playing Minecraft **Comment (.)**
- Where did you vacation **Question (?)**
- Who did you come with **Question (?)**
- I finished high school **Comment (.)**

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Video – How to Comment



How to Comment...
Think about something you learned or remembered about making comments in the video



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Question Starters....


- Who...
- What...
- Where...
- When...
- Why...
- How...
- Did
- Do




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What question can you ask if I said...

- I just got a new video game
• ?
- I can't wait for this winter
• ?...
- I love pizza
• ?...
- Halloween is this month
• ?

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Communication BUILDERS:



What We **Should Do** When Communicating




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Communication Builders

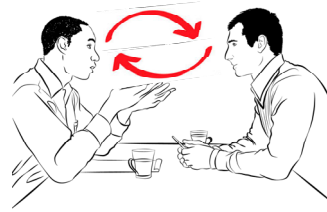

- Trade information
- Find common interests
- Listen to the person
- Watch body language
- Match the mood
- Use good volume
- Use good body boundaries
- Look toward the person

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Trade Information

- 2-way communication
- Learn more about each other
- Questions and comments

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Find Common Interests



Oh, you like funny movies? Me too!

Yes, I love comedies, but have not been to a movie in a while.

- Things we both like
- Things we can talk about
- Things we can do together
- Keeps conversation going

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Listen to the Person

Show you are listening:

- Make short comments
 - Uh-huh, oh, interesting, cool....
- Use your body language
 - Face and look at them
 - Nod a little
- Make follow-up questions and comments
- They know you care



Cool

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Watch their Body Language

- Are they facing me
- Are they talking to me?
- Are they looking at me?
 - Or giving me the **cold shoulder**?
- How are they looking at me?
- Watch **your** body language too!
 - Are you looking at them?
 - Facing them? Talking to them?





COLD SHOULDER

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Match the Mood or Voice

- Try to match the mood of your conversation partner
 - If they are happy, talk in a happy voice
 - If they are sad, talk in a quieter voice
 - If they are excited, be a little more excited
- Example:
 - Joey is *excited* to go to Cedar Point and says "I get to go to Cedar Point Saturday!"
 - Joey's friend Cole says: "That is so cool, I have never been there!"





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Use Good Volume

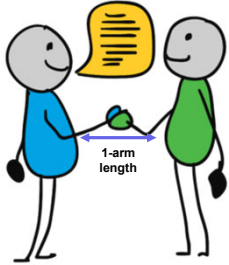


- Not too loud
- Not too soft
- In the middle
- Watch your communication partner's body language




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Use Good Body Boundaries





- Not too close
- Not too far
- 1-arm length away



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Video


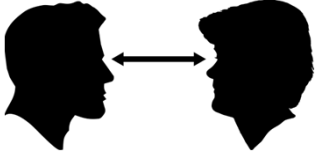
- What is going on here?



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Look Toward the Person

- Look at the person every 3-5 seconds and look slightly away
- If you cannot look at their eyes, look at their forehead
- Be careful not to stare





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Video

Jordan Elaina

- What is going on here?



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NEXT TIME!
Communication Busters
 Can make communication difficult for 2-Way Conversations

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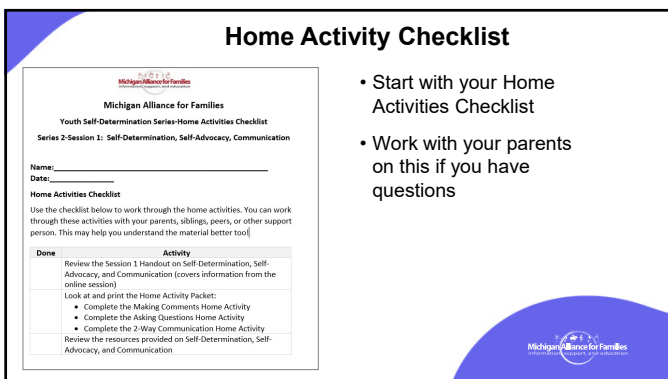


Home Activities



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Home Activity Checklist

Michigan Alliance for Families
 Youth Self-Determination Series-Home Activities Checklist
 Series 2-Session 1: Self-Determination, Self-Advocacy, Communication

Name: _____
 Date: _____

Home Activities Checklist
 Use the checklist below to work through the home activities. You can work through these activities with your parents, siblings, peers, or other support person. This may help you understand the material better too!

Done	Activity
	Review the Session 1 Handout on Self-Determination, Self-Advocacy, and Communication (covers information from the online session)
	Look at and print the Home Activity Packet: <ul style="list-style-type: none"> • Complete the Making Comments Home Activity • Complete the Asking Questions Home Activity • Complete the 2-Way Communication Home Activity
	Review the resources provided on Self-Determination, Self-Advocacy, and Communication

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- Start with your Home Activities Checklist
- Work with your parents on this if you have questions

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Home Activities

Comment Worksheet

Add a **comment** to each comment provided below.

Math class is hard today. *Example: Math is always hard for me.*

Math class is boring. *Example: I don't like math.*

2-Way Conversation Home Activity

Name: _____

Talk to a family member, a friend, a peer, or someone else and practice a 2-way conversation.

Who I talked to: _____

What was I **concerned** about? _____

I made at least 2 comments: Yes or No _____

What was one comment? _____

What was a **second** comment? _____

I asked at least ONE question: Yes or No _____

What was one question? _____

I found **Communication Builders**: Yes or No _____

I avoided **Communication Builders**: Yes or No or Working on it! _____


- Start with your Home Activities Checklist
- Work with your parents on this if you have questions

Asking Questions Worksheet

Add a **follow-up question** to each comment provided below.

This math is so hard. *Example: What math class are you in?*


I can't wait for Halloween.



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Next Steps:

- 1. Review your Home Activities Checklist**
- 2. Do the activities on your Home Activities Checklist-it will help you understand what we talked about**
- 3. Review Additional Resources on Self-Determination, Self-Advocacy, and Communication**



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We are here to support you!

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For more information visit:
<https://www.michiganallianceforfamilies.org>

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