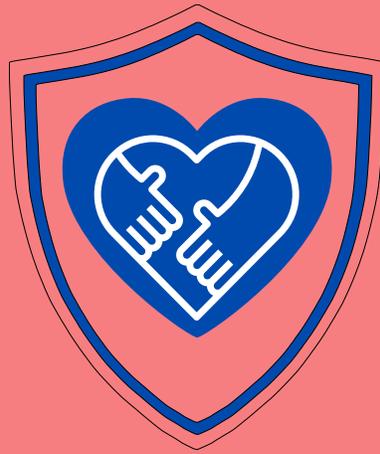
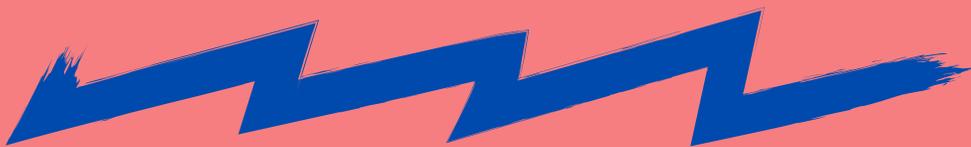


Become a Self-Advocacy Superhero!



Kindess Course



An online camp for youth and
young adults with disabilities



Future Leaders
of Self-Advocacy



Contents

Power. Confidence. Kindness. Leadership.

These are the things that make a true superhero!

This workbook will teach you how to be a powerful and confident self-advocate!

With this and other Future Leaders of Self-Advocacy training, you will:

- Build skills that are important in your life
- Learn how to fight for your rights, and
- Stick up for others, too

You'll be a self-advocacy superhero!

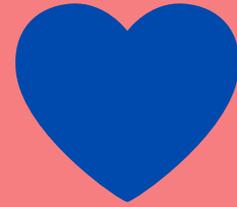
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Find all of our Self-Advocate Superhero courses at
arcminnesota.org/future-leaders



ANTI-BULLYING PLEDGE

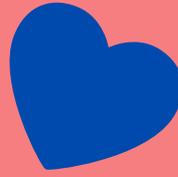


I _____ pledge that from this day forward I will...

- Not be a bully
- Stick up for myself when I'm bullied
- Help others when I see them being bullied
- Advocate for myself and others
- Use my power to educate others and help them advocate for themselves
- Include everyone
- Use respectful language in all conversations and make sure other people do, too
- Respect other's opinions and feel confident in sharing my own

Signature

ANTI-BULLYING WORKSHEET



PART 1

How can you advocate for yourself and others in order to prevent bullying?

1. Deep breath:

Bullying can become very overwhelming. One thing you can do is to take a deep breath and count to 10 to calm yourself down. Once you are calm you will be able to think more clearly.

2. Think before you act:

Before you rush into action and do something you will regret. Stop and think about the situation. Ask yourself "Was it on purpose or was it an accident?" For example, "Did this person bump me on purpose or were they not watching where they were going?"

3. What do you want to be different?

Think about what you want out of the situation. Before you talk to the person. For example, do you want to be treated differently? And do you want the person to stop doing something?

4. Tell clearly and slowly:

Something to start the conversation is asking the person if you can talk to them? Then calmly and slowly tell them how you saw the situation and how you feel about it.

ANTI-BULLYING WORKSHEET



PART 2

5. Give the other person a chance to share their side of the problem:

By being a self-advocate, it is not just about you and you are the only one able to talk. Give the other person a chance to think about what you said and to share their side of the problem and hear what they have to say.

6. Don't expect fast results:

Things do not happen as fast as we want them to. It may take several attempts and talks with the other person before things change. Sometimes you might have to tell the person more than one time.

7. Ask for help:

There will times you and the other person will disagree. An awesome thing about being a Self-Advocate is that you are able to ask for help if needed. You don't have to solve every problem on your own.

8. Understand your disability:

You will find yourself in many situations where you have to explain your disability. For example, a school or a job. It is your responsibility to tell others about your needs due to your disability. Something that will help is to practice telling others and being open with your disability. And telling friends and family your needs and your strengths. By doing this it will make new situations easier and with people who don't know you.

KARLI'S STORY PART 1

My name is Karli Harguth and I would like to tell you about my experience with being bullied and how getting involved with self-advocacy gave me the power to express myself.

Middle School

Most of the bullying started when I was in middle school and went into high school. When I started middle school, I would get looks from others or scowls. This made me feel like I did not belong. When it came time to do something about the bullying, I would always try and turn the other cheek and keep to myself. The bullying and people talking behind my back continued. This made me shy and afraid to say something. I thought that if I tattle it is only going to get worse.

With my disability, I could do anything others could do, but it took me longer. It seemed like if you cannot keep up, they are going to leave you behind, which is exactly what happened to me. I had to have things read to me and I would have to go to a different classroom to take tests. Of course, I got picked on for that, too. When I got to high school things got worse because of the cliques (groups) that started.

High School

My high school graduating class was horrible with the groups. There were the popular groups, the smart groups, and outsiders. I never felt like I belonged to any of the groups. I mostly hung out with underclassmen, which made me feel left out. People talked about behind my back and played mean jokes on me. I was so happy when I graduated, thinking, "Yes, the bullying is over!" I was WRONG...

Self-Advocacy

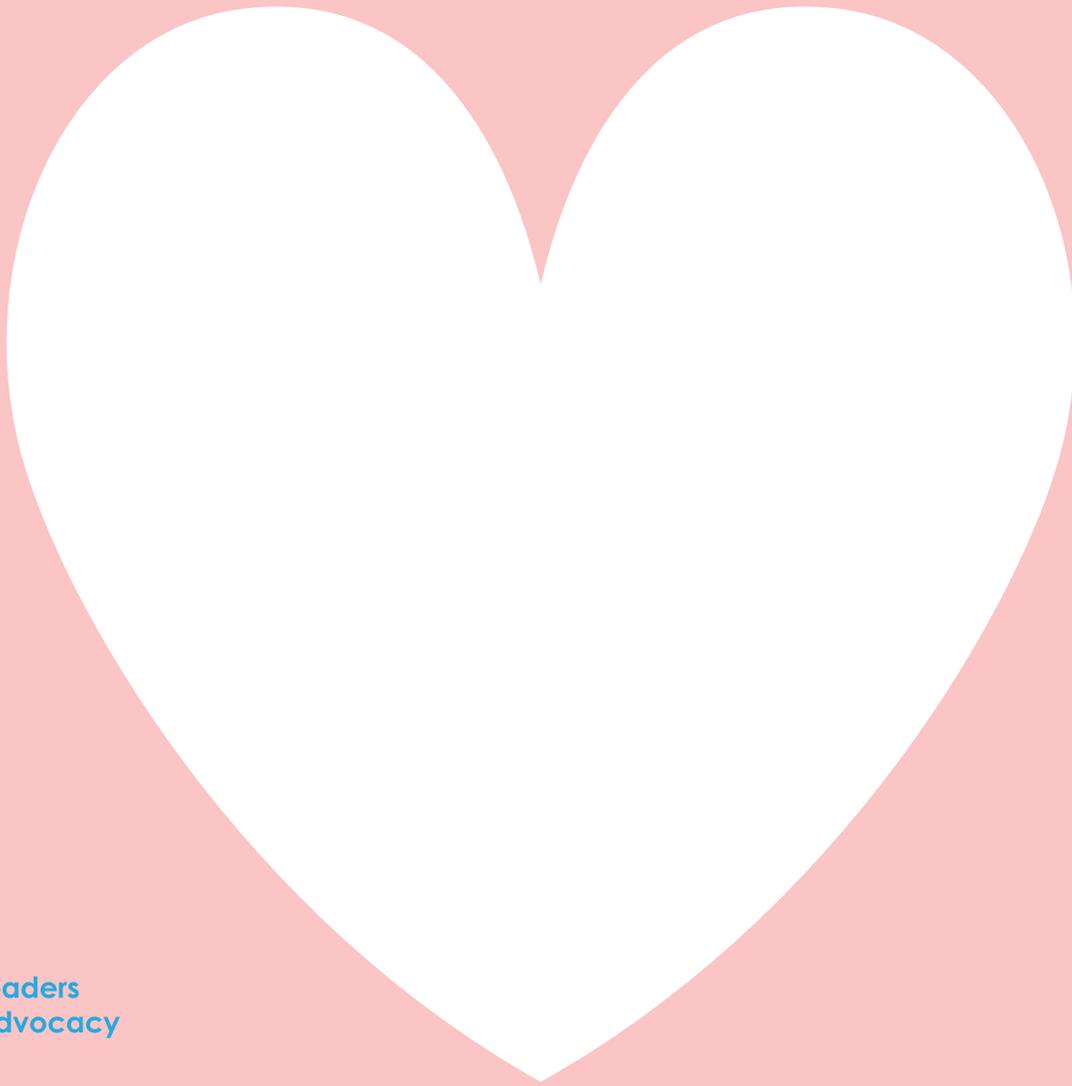
The bullying continued after high school and it wasn't until I got involved with self-advocacy that it lessened, because I was able to get the courage to let others know how I felt. This made me realize that even though I am different, I have the power to make changes in my life and live it the way I want. I can let others know how it feels when they leave me out of an activity or talk behind my back.

KARLI'S STORY PART 2

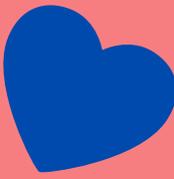
Since I have been involved in self-advocacy, I have made so many friends and have learned to let others know how I feel. Knowing that I am not the only one that has experienced bullying makes me feel a little better because I know I am not alone. I can ask others how they got through the bullying and we can share our experiences and stories with each other. This has helped me build strong friendships.

Before self-advocacy, I felt like a turtle hiding in my own little shell. Now, I have gone to the capital to talk with legislators, presented workshops to teach others about self-advocacy, and so much more. With self-advocacy, I am confident and courageous and am able to live the life I want. **Self-Advocacy has definitely changed my life for the better.**

**Bullying can really hurt our feelings.
Take time to write or draw your out your feelings.**



Resources to Support You



STOMP Out Bullying

Website Chat:

<https://www.stompoutbullying.org/helpchat>

Phone Number: 877 NOBULLY (877 602 8559)

STOP BULLYING NOW HOTLINE (USA)

Phone Number: 1-800-273-8255

Helpline set up by U.S. Department of Health and Human Services Available 24/7

Text or Facebook Messenger

<https://www.crisistextline.org/topics/bullying/#what-is-bullying-1>

PACER National Bullying Prevention Center

Website:

<https://www.pacer.org/bullying/info/cyberbullying/>

Stop Bullying

Website: <https://www.stopbullying.gov/>

2nd Floor Youth Helpline

Website:

<https://www.oceanresourcenet.org/search/2nd-floor/>

Phone Number: 888-222-2228

A Thin Line

Website: <http://www.athinline.org/>

National Suicide Prevention Hotline

Phone Number: 1-800-273- TALK (8255)

California Youth Crisis Hotline

Website: <https://calyouth.org/cycl/>

Phone Number: 1-800-843-5200

Victims of Crime Resource Center Hotline

Phone Number: 1-800- VICTIMS (842-8467)

Cyberbullying Research Center

Website: <https://cyberbullying.org/resources>

National Runaway Safeline

Website:

<https://www.1800runaway.org/youth-teens>
1-800-786-2929

Remember:

If someone at school is being a bully:

Contact a teacher, school counselor, school principal, school superintendent, or state department of education

In cases of an emergency:

Contact 911 and the local police



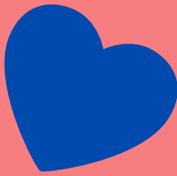
100 Seconds

Set time aside for 100 seconds to reflect on your feelings.

Some options you could do are to journal, draw, listen to music, go for a walk, or meditate.



Kindness Course Mini Quiz



1. Bullying can be physical, verbal, or emotional.

- a. True
- b. False

2. Who can you ask for help from?

- a. Teacher
- b. Sibling
- c. Friend
- d. Family member
- e. All of the above

3. What is a bully?

- a. Someone who makes you feel bad about yourself
- b. Someone who make you feel good about yourself

Answers: 1. a 2. e 3. a