
Become a Self-Advocacy Superhero!



Power Course



An online camp for youth and
young adults with disabilities



Future Leaders
of Self-Advocacy



The Arc.
Minnesota

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:

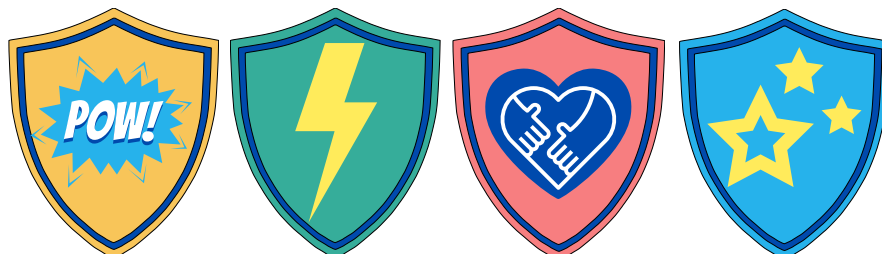
- Build skills that are important in your life
- Learn how to fight for your rights, and
- Stick up for others, too

You'll be a self-advocacy superhero!

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



Tips to Stay Calm, Confident, and Positive

Part 1



Change usually does not happen overnight. When you are a self-advocate superhero, it is important to be patient with yourself and with the process. Here are some tips on how to stay calm, confident, and positive when using your power to advocate. You can use all of these if they work for you or pick the ones you like.

Stay Calm



1. The two-part technique

Try these two options anytime you feel stressed to help you calm down.

- **Part 1.** Choose a calming focus like your breath, a sound, a short prayer, or a positive word or phrase. Repeat this aloud or silently as you inhale or exhale.
- **Part 2.** Let go and relax. Do not worry about how you are doing. When you notice your mind has wandered, simply take a deep breath or say to yourself "thinking, thinking" and gently return your attention to your focus.



2. Deep breathing

Find a comfortable, quiet place to settle in. First take a normal breath, followed by a slow, deep breath. Feel as though your breath moves down into your belly, letting it expand fully. Then exhale slowly. Put one hand on your belly and feel your hand rise each time you inhale and fall each time you exhale. Try to practice this breathing technique every day or more when stress begins to build.



3. Imagine calm

Use your imagination to think of soothing scenes. This will help calm and relax you. Find a quiet place to settle in and get comfortable. Clear your mind while taking deep, even breaths. Imagine something you find relaxing. Use your senses to pretend you are there. This might be relaxing at the ocean, petting an animal, or taking a road trip.

Tips to Stay Calm, Confident, and Positive



Part 2



Stay Confident

Having confidence in yourself means you are are sure of your abilities and you can trust yourself. Being confident in yourself is a key part of being a self-advocate superhero!

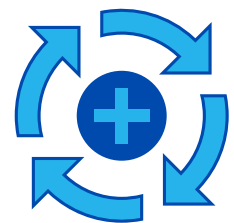
1. Quick Tips:

- Picture yourself being successful before you start a project or task
- Play music you love or music with a deep base to help you feel confident
- Strike a power pose where your body feels powerful
- Give yourself a pep-talk



2. Believe in your abilities and that you can improve

- Shift your thinking to a growth mindset. In this way of thinking, you are always learning, growing, and improving.
- Think of challenges as opportunities to learn and grow.



3. Practice Failure

Yes, the third tip really is to practice failure! Weird, right?

Everyone fails during their lifetime. You will fail. Your friends and loved ones will fail. Even your favorite celebrities, sports players, politicians, and writers fail! And that is okay!

What matters is how you respond to the mistakes, set backs, or failures. Those who fail and keep trying anyway tend to be better prepared to respond to challenges in the future. This means failing teaches you how to:

- Learn how to try different strategies
- Be creative
- Ask for help or advice
- Keep going to accomplish your goal

Tips to Stay Calm, Confident, and Positive

Part 3



Stay Positive

Positive thinking starts with self-talk. Self-talk is the conversations and words you think of in your head but do not share with others. Staying positive means having positive self-talk.

Find areas to change

Find areas in your life that you think about negatively. Start small by focusing on how you can be more positive in one of those areas.

Check in on yourself

Take a few breaks during the day to think about the ways you have been thinking. If you have had negative thoughts, try to find a way to put a positive spin on them.

Be open to humor

Life can be fun if you let it be! Give yourself permission to smile or laugh even when things are tough. Using humor in normal day-to-day life can help you relax.

Exercise

When you exercise, you feel better. It helps reduce stress and gives your mood a positive boost. Try to work out for 30 minutes each day. This can be all at once or broken up throughout the day.

Practice!

Changes do not happen overnight. Practice your self-talk by being gentle and encouraging with yourself. Remember, don't say anything to yourself that you wouldn't say to anyone else! When a negative thought creeps in, practice thinking about your positive traits or things in your life that you are thankful for.

Tips to Stay Calm, Confident, and Positive

Part 4



Practice Shifting Your Thoughts

Below are some examples to show how to shift your thinking from negative to positive

| Negative Self-Talk | Positive Self-Talk |
|-------------------------------|---|
| I have never done this before | This is an opportunity to learn something new |
| It is too complicated | I will try a different approach |
| There is no way it will work | I can try to make it work |

Your turn!

Write your negative thoughts in the orange space below. Try to brainstorm some ways to put a positive spin on that thought.

| Negative Self-Talk | Positive Self-Talk |
|--------------------|--------------------|
| | |
| | |

I Am Confident!



This is a confidence building activity. Think of who you are and a goal you have for your life. Think about what you need to do to achieve the goal. Write or draw your answers in the spaces below.

I am...

Example: Smart and powerful

I want...

Example: To go after my dreams

I will...

Example: Tell people what I want

Bill of Rights



A bill of rights is an official list of things that you get to make decisions about

- **You have the right to be treated fairly and with respect.**
- **You have the right not to be put down by words or actions.**
- You have the right to your own personal and physical space when you are upset. Someone should not hold you down, or use harmful tools to restrain you.

- **You have the right to get help.**
- **You have the right to choose an advocate.**
- **You have the right to get an education.**



- You have the right to have your own education plan, written and reviewed at a meeting with you. These are tools that YOU create, that plan out your learning goals.

- **You have the right to choose your job and receive fair pay.**
- You have the right to decide how to spend or save your money.
- **You have the right to know about and choose your services.**



- You have the right to choose your own doctors and to see the doctors when you want.
- You have the right to have, receive, or refuse regular therapy services.



Bill of Rights



- **When you are an adult, you have the right to choose where you want to live, and who you want to live with.**

- Whether you live by yourself, with a roommate, or in a group home, you have the right to privacy and to expect people to knock before entering.

- **You have the right to have your own belongings.**



- You have the right to have a place to be alone.

- **You have the right to call and visit family and friends, and you have a right to choose your friends.**

- You have the right to date, get married, and have children if you want to.

- **You have the right to be free from sexual violence, and the right to support if you experience sexual violence.**



- **You have the right to join community groups.**

- You have the right to expect public places to be accessible, and to ask for accommodations that can help you.

- You have the right to plan and enjoy fun activities.



It is important to know your rights, so you can live the life you want for yourself.

Know Your Rights Word Search



V S L E M L C P N W Y B C Z D A V T Z U
 E U I X Q H K O Z L Q O U K Z C O C R P
 I Q K H O M I W I O M S U M O C T E N F
 P J U I V S E M X M V E D A T E E P N E
 G Y C A U H A C U S Z R J H D S D S U L
 H E C L L F M N T J U V O J F S N E K K
 S O C A X P I K P E I I T Z T I O R P J
 W N M B V C A Y C X O C I D E B I X J K
 I R N E A I B Y T T L E Z A I I T R Q Z
 R G I T R I R B U I Z S R Q W L A Q C U
 F L I G U X G P M M N D C O R I C V I Y
 A O G N I G N O L E B U R G X T U W L S
 N A D V O C A T E N I K M N J Y D J Y N
 S D N E I R F D A H T Y J M C C E W T O
 Z R M D E O N F M E L M Z Y O O E C M N
 R N M X Q Q P G U C W C Q M A C S X S L
 M O Z C D V S V V Q A U M I D H T K L V
 T U I H J E S N Q S K B O S G C Y C T Y
 R N Y G D C M B Y K V P V K Z S Y B H F
 G U L W E N X E T Q I U O O P Y K I T I

Accessibility
 Advocate
 Belonging

Choices
 Communication
 Community
 Date

Education
 Equal Pay
 Family
 Friends

Home
 IEP
 Inclusion
 Privacy

Respect
 Services
 Vote
 Work

Power Course

Mini Quiz

POW!

POW!

1. Do you have the right to be treated fairly and with respect?

- a. Yes
- b. No

2. You can not ask for help.

- a. True
- b. False

3. Is it important to stick up for your rights?

- a. Yes
- b. No

Answers: 1.a 2.b 3.a