

Participant Workbook

Class 2: Self Advocacy and the Meaning of Language



Class 2

Advocate for Yourself

List all of the ways you advocate for yourself. Please be specific!



When have you had to tell someone that you don't want to do something?

Have you ever had to share what you really want in your life for a job or activity? Please describe this.

Class 2

Advocate for Yourself

In what other ways have you advocated for yourself?



Class 2

Language Preferences

Person First Language

Identity First Language

Something Else _____

Some people with disabilities choose between these two types of language. What do you think about this?



Do you identify with either of these?



Class 2

Language Preferences

I prefer people to refer to me using the following language:



Class 2

Big Ideas

What Do I Want to Remember?

1.

2.

3.



Details to help me remember: