

SARU

Self Advocacy Resource Unit

TOP 10

Tips for being a strong self advocate

These tips are from self advocates from **Reinforce**, **Rainbow Rights** and the **Positive Powerful Parents** Self Advocacy groups.



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1

Believe in yourself

Believe in what you do and know that you have the power to make change.



2

Know your rights

When you know your rights it is easier to stand up for yourself and you can teach other people about rights. Self advocacy groups are a good place to learn about rights.



3

Learn about Self Advocacy

Learn about self advocacy and the changes that other self advocates have made. You can learn by joining a self advocacy group and being part of a self advocacy network.



4

Speak up

Don't be scared to speak up and tell people what you think. If you don't speak up then your voice will not be heard.



5 Be passionate

Talk about issues that you are passionate about and believe in what you do. It is easier to do the work when you care about what you are doing.



6 Go to meetings and events with a positive attitude

When you are positive people are more likely to listen to you and it is easier to make change.



7 Don't let knock backs stop you

When people knock you back keeping going and learn from the experience. We all have hard days, don't let hard days stop you from speaking up.



8 When the work is hard talk to someone you trust

Get support from other self advocates, a friend, a group worker or a counsellor. It can help to talk to people when you feel down.



9

Focus on the future and the changes you want to make

Sometimes the work is hard, if you focus on the changes you want to make it is easier to keep going.



10

Do what you can

Don't worry if the changes you want to make are big, take small steps and do what you can.



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