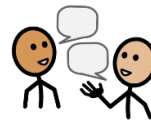


## Ways to Speak Up for Yourself

Talk to people in person or over the phone



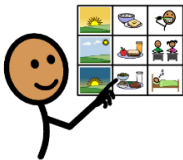
Write a letter, an email, or a text



Use technology such as speech to text software or assistive technology devices



Use pictures, photos, or videos

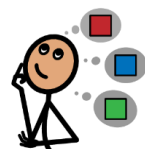


**You know yourself best! Your opinions are important! You are a self-advocate!**

## How to Be a Self-Advocate



Share what you like and don't like



Make decisions about your life (can be with support)



Know your rights



Learn to problem solve



Get help when you need it



Speak up for yourself using words, print, or technology



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