

*Self-determination:*

Know and accept who you are, where you want to go in life, and how you're going to get there.

*Self-advocacy:*

Understand and explain your disability, strengths, and challenges. Ask for help when you need it.



---

For more information related to self-advocacy, see the following:

<http://ndetransition.site.esu9.org/>

Funded by  
Nebraska Department of Education under  
IDEA Part B Funds  
Grant H027A080079

---

## PROMOTING SELF-ADVOCACY SKILLS FOR STUDENTS WITH DISABILITIES



---

**Nebraska Department  
of Education  
Office of Special Education  
301 Centennial Mall South  
Lincoln, NE 68509**

## Tips for Teachers

- Help students understand and explain their disability
- Give students choices often
- Help students use technology
- Allow students to change their minds
- Encourage social skill development
- Invite students to their IEP meeting
- Generate input from the student before, during and after the IEP meeting
- Support students' goals

## Strategies for Elementary Students

- Know your disability
- Know your strengths and needs
- Think about what you want to do when you grow up
- Share your ideas
- Make choices
- Attend your IEP meeting

## Strategies for Middle and High School Students

- Recognize your disability
- Understand your disability
- Be able to explain your disability to others
- Know your strengths and needs
- Use appropriate social skills
- Write down your goals and create a plan of action
- Know your rights and responsibilities
- Know what resources are available
- Participate in decision making
- Be accountable for your actions
- Be present at your IEP meeting
- Lead your IEP meeting



## Partnering With Parents

The value of family participation cannot be underestimated. Families can help to:

- Encourage independence and choice making beginning at an early age
- Identify a student's interests and strengths
- Make informed decisions regarding services and programs
- Develop positive partnerships with agency representatives
- Provide documentation for assessments
- Collaborate in creative problem solving
- Participate in the job search using personal networks in the community
- Support the decisions students make for their future

*Partnerships with families are valuable in the achievement of successful outcomes for students.*