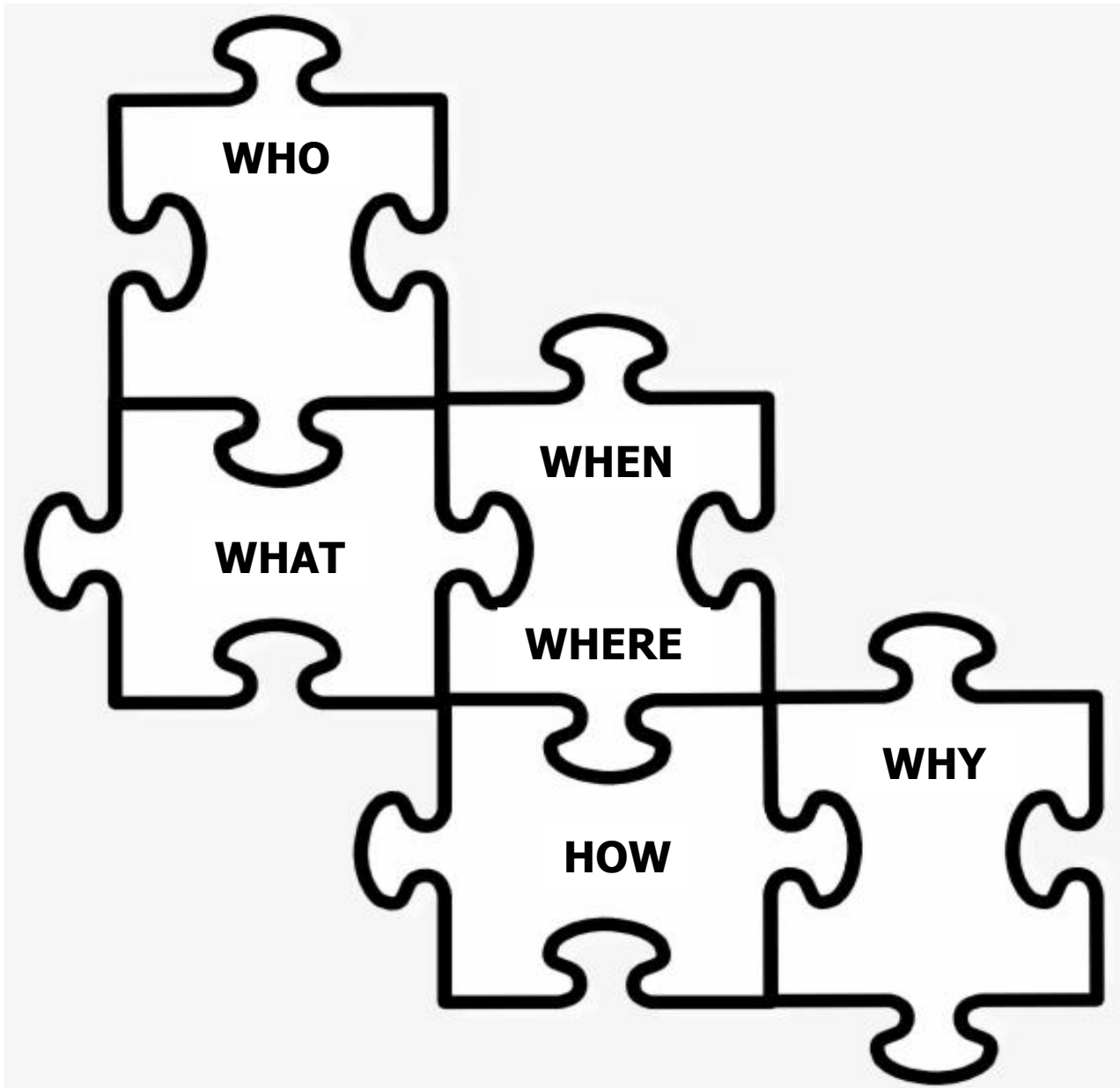


# Pieces of the Self-Advocacy Puzzle

**Self-Advocacy is like a puzzle, and the pieces of the puzzle are Who, What, When/Where, How, and Why.**



The Alliance is proud to be an initiative of the Illinois Council on Developmental Disabilities

**Who can you advocate or speak up and speak out for?** You can advocate for yourself, for your friends, or for other people but the most important person to advocate for is yourself.

**Who can you advocate or speak up and speak out to?** You can advocate to lots of people – family, friends, teacher, doctor, counselor, pastor. You can even advocate to the person taking your order at a restaurant when you tell them what you want to eat!

**What can you advocate or speak up and speak out for?** You can advocate for a lot including things you want or don't want; things you need or don't need; your hopes, dreams, and goals; a different job or class; or if you are unhappy, being hurt, or feeling unsafe.

**When and where can you advocate or speak up and speak out?** You can advocate at home; at school; at your community day service; during IEP or person-centered planning meetings; in the community; at doctor's appointments; at the Capitol. You can advocate whenever you want and wherever you go!

**Why should you advocate or speak up and speak out?** It is good to ask for something you want or need or for something someone else may want or need; to put a stop to what you don't like or want; to get better services and supports; to show we are equal; and it is your right to speak up for yourself!

**How can you advocate or speak up and speak out?** Lots of ways! You can write down what you want to say; ask for a meeting; make a phone call; send an email; send a text. No matter how you communicate – speaking, sign language, using a communication device, pointing, or body language – you can speak up and speak out!

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