



Youth News!

Get SET...Support, Educate, Train for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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KY Youth Talk Video

<https://www.youtube.com/watch?v=PoL1Q6TWfw>

Overcoming Disability Denial



Everyone has strengths, weaknesses, abilities, and goals. Having a disability is just another part of what makes you.... well, YOU! Sometimes people try to hide their disability because they are afraid they will be judged or left out of the things they want to do. Watch Nick, as he talks about Disability Denial and how you can become your own best advocate.

You gotta know, to grow...

Negative Ableism is when people use disabilities as insults, or as an excuse for discrimination.

Examples: "That's lame," or "Are you blind?"

What is Ableism?
"discrimination or prejudice against individuals with disabilities"

*Merriam Webster Dictionary

What is Stigma?
"set of negative or unfair beliefs that a society or group of people have about something"

*Merriam Webster Dictionary

Positive Ableism is when people use kindness or compliments as a way to ignore the disability.

Example: "You don't look like you have a disability"

Know your RIGHTS!
The ADA (Americans with Disabilities Act) prohibits discrimination.

SPEAK UP!
Ableism affects everyone. Advocate.

Know YOURSELF!

Why do they matter to me?

When ableism and stigma are present - so are discrimination and bullying

One thing you cannot deny is that that you are an amazing person with your own unique set of strengths and abilities. Use our worksheet to reflect on how great you are, and how you can use your skills to stop discrimination.

SELF ADVOCACY GOALS FOR THE IEP

Adding goals to your IEP that focus on self advocacy will increase your understanding of your disability and give you the skills to speak up for what you need.



I can demonstrate an understanding of my skills and needs.

By the end of IEP cycle, student will be able to identify three accommodations or modifications that are listed on their IEP and ask for them independently with ____% accuracy.



I can demonstrate an understanding of my disability.

By the end of the IEP Cycle, student will be able to communicate with others about their disability and what he/she needs to learn successfully with ____% accuracy.



I can understand and speak up for my needs.

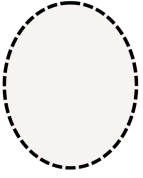
By the end of the IEP cycle, the student will be able to identify specific environmental modifications and explain why they are useful to him/her with ____% accuracy.



I know how to advocate for myself.

By the end of the IEP cycle, student will be able to participate in school meetings and advocate for themselves with the support of parents and teachers with ____% accuracy.

There are many different words that are used to define subtle discrimination against individuals with disabilities. Learn how to spot "Stigma" and "Ableism" and learn how you can stop it.

Overcoming Ableism	
Picture This! Draw or write about your greatest strengths.	Talk it out! Describe some everyday examples of Ableism at school and in your community.
	Advocate Make a list of ways you can speak out against Stigma and Ableism.

Don't forget to add those Self Advocacy goals in your IEP. One of the best things you can do to fight discrimination is to learn how to appropriately speak up for your needs.

CLICK HERE!

CLICK HERE!

Worksheet

Check out our KY-SPIN Youth Resources Page

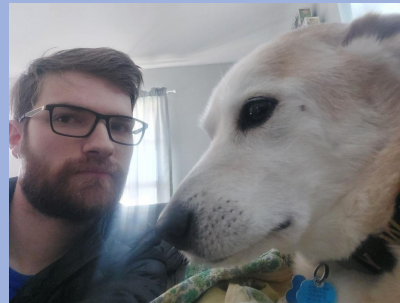


Davis Rodriguez
Youth Engagement Coordinator

"I received an IEP in 9th grade to help me with my ADHD and other learning disabilities. I have learned that it is ok for me to ask for the accommodations I need to be successful."

Nick Carpenter
Youth Educator

"I have an Autism diagnosis. I had an IEP in school and received speech and occupational therapy. Today I still depend on natural supports in my adult life. "



Coming Next Month.....

Money, Money, Money! Everybody loves having it - but it's really hard keeping it. Next month, the team at KY-SPIN is putting together some great resources to help you make the right choices when it comes to making, spending and saving your hard-earned cash! Don't forget to join Nick and Davis for their **Managing Your Money** presentation on Transition Tuesday, April 23, 2024.

Click Here to Register for the April 23rd Transition Tuesday Event

If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers

- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press “2” for 24/7 bilingual services.
Website: <https://www.samhsa.gov/ddh>

Learn more about us [KY-SPIN Infosheet](#)

REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com
[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here \(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)



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