

KY-SPIN's Youth eNews 6/30/2026



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain 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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What Is Self-Advocacy (and Why It Matters)?

Youth in Transition: Self-Advocacy by Disability Hub MN, explores how young people with disabilities can build confidence, communicate their needs, and take an active role in decisions that affect their lives. Through real-life examples, the video demonstrates how self-advocacy skills can help students succeed at school, work, and in their communities as they transition into adulthood.



Using Your Voice to Reach Your Goals

Self-advocacy is one of the most important skills a young person can learn. It means understanding your strengths, recognizing when you need support, and having the confidence to speak up for yourself. Whether at school, work, or in your community, knowing how to express your needs and goals can help you build independence and achieve success. This month, we'll explore ways to strengthen your self-advocacy skills and help your voice be heard.

Kentucky's Exceptional Youth Voices!!!

Question:

I'm at camp and my friends are planning activities that can be difficult for me because of my disability. I want to join in and have fun with everyone, but I'm not sure how to tell them what support I need or suggest other options. How can I speak up for myself without feeling embarrassed?

Answer:

Self-advocacy means respectfully sharing your thoughts, needs, and preferences with others. Start by speaking up in a calm and positive way, such as saying, "I'd like to join, but I may need some help," or "Is there a way we can make this activity work for everyone?" Sharing your needs helps others understand how to include and support you.

It's also important to remember that asking for support is not something to be embarrassed about. Everyone has different strengths and challenges, and self-advocacy helps make sure you can participate and enjoy experiences alongside your friends. The more you practice speaking up, the more confident you will become.

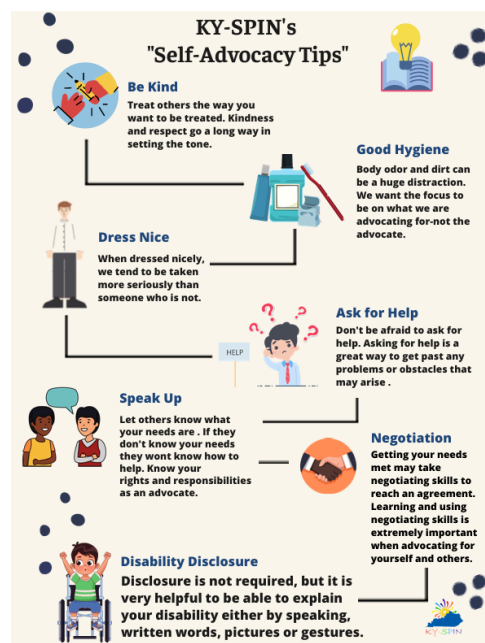


Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

Why Practice Self-Advocacy?

Practicing self-advocacy may seem like a small step, but it can make a big difference in building confidence and independence. Self-advocacy helps you learn how to express your needs, ask questions, make choices, and speak up when something is important to you.

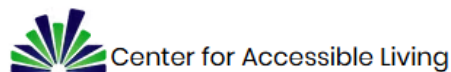
When you practice self-advocacy regularly, you become more comfortable sharing your thoughts, understanding your rights, and taking an active role in decisions that affect your life. Take a look at this flyer for simple ways to practice self-advocacy and build skills you can use at school, work, and in your community.



Helpful Resources

Self-advocacy is an important skill that helps you speak up for your needs, make informed decisions, and become more independent at school, work, and in your community. Learning how to communicate your strengths, ask for accommodations, and understand your rights can help you reach your goals and build confidence.

Resources such as **KY-SPIN, Kentucky Protection and Advocacy, and the Center for Accessible Living** offer information, training, and support to help you develop strong self-advocacy skills. With practice and support, you can learn to take an active role in decisions that affect your life.



Your IEP Can Help You Build Self-Advocacy Skills

Are you having a hard time finding opportunities to practice self-advocacy in your community? Do you need a little extra support or a safe environment to build your skills?

The good news is that self-advocacy goals can be included in your IEP, giving you opportunities to practice these important skills at school. Take a look at this resource for some suggested IEP goals, or create your own goals that reflect your individual needs, strengths, and interests.

Self-Advocacy 101

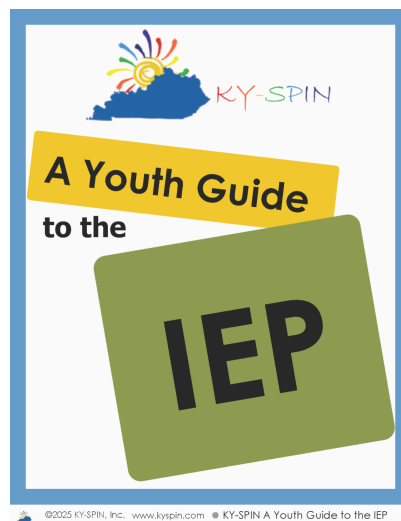
Disability Rights Texas has put together a three-part video series with supporting resources that helps explain important self-advocacy skills. The videos cover topics such as understanding self-advocacy, learning how to be assertive without being aggressive, and deciding when and how to share information about your disability. This is a great series for anyone who wants to build confidence and strengthen their ability to speak up for themselves.



If you need someone to talk to...

988 Suicide & Crisis Lifeline: Call or Text 988

Website: <https://988.ky.gov>



Don't Forget!!!!

A Youth Guide to the IEP workbook is **available now**. Make sure you download your copy today!

[A Youth Guide to the IEP - KY-SPIN](#)

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KY-SPIN, Inc. | 10301-B Deering Road | Louisville, KY 40272 US

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