

Know Your Story

Understanding yourself is the first step to speaking up for yourself.

**Everyone has strengths.
Everyone has challenges.**

Understanding your disability helps you understand:

- ✓ Why some things seem easy
- ✓ Why some things are harder
- ✓ What helps you succeed
- ✓ What support you may need

 **Did you Know?**

You can be good at something and still need support. Knowing what helps you is an important part of self-advocacy.



**What makes up
your story?**



**When all four
pieces fit together -
They tell your story!**

Your disability does not define you—but understanding it can help you understand how you think, learn, communicate, and succeed.

Own Your Story

Owning your story means...

- ✓ Knowing your disability
- ✓ Knowing what helps you
- ✓ Talking about your strengths
- ✓ Asking for support when you need it

“Owning your story means telling the truth about who you are - with confidence and pride!”

Why is this important?

You may need to explain your disability when:

- Starting college
- Getting a job
- Asking for accommodations
- Making new friends
- Visiting a doctor
- Living on your own

Self Advocacy starts here



The better you know yourself... the easier it becomes to speak up.

PUT YOUR STORY INTO WORDS

Start With What You Know About Yourself



Know Myself

One Strength I have is:

One Challenge I have is:



Know What Helps

I do better when:

A support that helps me is:



Speak Up

I can tell someone:

I can ask for:

My Story Starts with Me

Fill In The Information About Yourself

About ME!



My Name is



Things I Am Good At



Things I Enjoy



Things That are Difficult

I sometimes need help with:

- ☐ Paying Attention
- ☐ Managing My Time
- ☐ Staying Calm
- ☐ Making Friends
- ☐ Reading
- ☐ Following Directions
- ☐ Other



Fun Facts

- I am
- I dream of
- I wish



Things That Help Me



What I Want People to Know.....

I am proud of:

1

2

It's important to me that:

1

2



Need ideas?

Ask family, friends, or teachers what they see in you.

MY STRENGTHS

WHAT MAKES ME SPECIAL

THIS IS MY STORY

SUPPORTS THAT MAKE
ME SHINE

MY GOALS

BUILD YOUR SHIELD

Write, draw, add
stickers, or use
pictures from
magazines to fill
each section.



SHARE YOUR STORY

Share your shield with a
small group. Use one of
the sentence starters
below if you need help:

One strength I am proud
of is...

Something that makes me
special is...

A support that helps me
is...

One goal I have is...