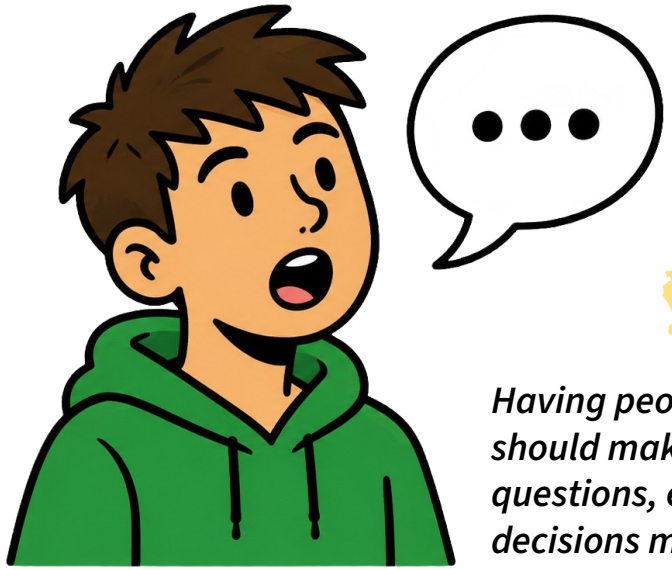


Your Voice Always Matters



WHAT CAN I SPEAK UP ABOUT?

Having people support you with decisions does not mean other people should make choices without you. You can share what you want, ask questions, explain what is important to you, and ask to be included in decisions made about your life.

MY VOICE MATTERS....

Money



I want to understand how my money is being spent.

Home



I want more independence at home.

Health



I would like help in understanding what is happening.

Work/School



I want to share my goals and future plans.

Purchases



I want to decide on the things that I like or need, and save for them.

Supports



I need help with making decisions.

Relationships



I want to say who I spend my time with.

Guardianships



I want to talk about whether my current living situation is right for me.

Speaking Up doesn't always mean GETTING YOUR WAY. It means making sure your voice is a part of the decision.

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Speak Up So People Can Hear You

PREPARING FOR A CONVERSATION

1 Know what you want

What am I asking for? Why is it important to me?



2 Get the Facts

What do I need to know? What could it cost? Are there risks? What are my choices?



3 Plan What to Say

Practice with someone you trust. Write down your main points. Think about questions others might ask.



4 Speak Up and Listen

Explain what you want respectfully. Listen to others concerns. Look for a solution together.



Wait!

I didn't get what I wanted!



That's OK! Here are some steps to try next.

- Take a deep breath and stay calm.
- Listen to the concerns.
- Look for compromises or other options.
- Try your idea again with a new plan.

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NAME: _____

DATE: _____

Get Ready to Speak Up

WORKSHEET

The decision I want to talk about is:

What do I want?

Why is this important to me?

What information do I already know?

What questions do I have?

What might others be concerned about?

How can I fix the concerns they have?









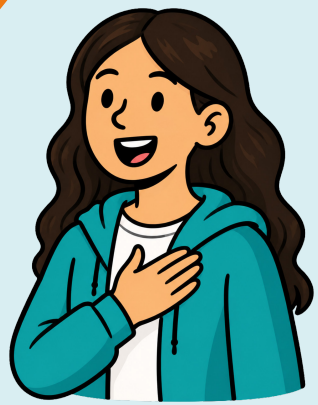
Do I need help preparing? (circle one)

My opening sentence.....

REMEMBER

You can be confidant AND respectful.

Speaking up for yourself doesn't require being rude, angry or confrontational.



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NAME: _____

DATE: _____

What Would You Do?

SCENARIO ACTIVITY



Think it Through



	Scenario 1	Scenario 2	Scenario 3	Scenario 4
	You want to buy a gaming system. Your guardian doesn't think its a good idea. 	You need to make an important appointment but you don't know how. 	Your parent or guardian always does something for you - but you want to try. 	Your support person suggests a choice - but you don't like it. 
What do you want the other person to understand?				
What information should you gather?				
What could you say? 				

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I Can Speak Up

Name _____

Date _____

Ways I Can Speak Up

Circle the pictures that apply to you in each box!



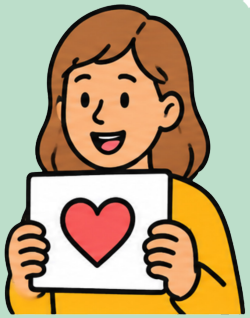
Use my words



Yes/No



Use a Device



Show a picture

Who can help me?



Doctor or Nurse



My Family



Teacher



Friend



Community Leaders

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