

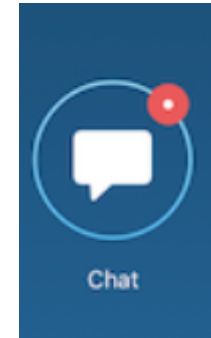
Speaking Up for Yourself

The Arc Wisconsin Academy 2020-2021

Technology Reminders

During class you can:

- Mute and unmute yourself
 - Do this if you are not talking
- Turn the camera on and off
- Use the chat box
- View people on the screen. You can see everyone or only person speaking
- Show your reactions (give a thumbs up)



zoom



Quick Introductions

Say your name and tell us one place you'd like to visit.
Here is an example...

My name is Lisa and I want to go to Italy.

What are our group rules?



This class will help you:

1

Learn why
speaking up is
important

2

How we can speak
up if we feel
disrespected

3

Practice speaking
up

Homework – Class Four: Asking for Help

- What did you like best about your assignment?
- What did you learn from your assignment?



My story

- Why do you think I decided to speak up?
- How do you think I felt before I spoke up?
- How do you think I felt after I spoke up?
- Do you think I made a good decision to speak up?

Kata says...



Cindy Bentley

Spirit of a Champion



BOB KANN and CAROLINE HOFFMAN

BADGER BIOGRAPHIES SERIES

Cindy Says...

- Cindy said, when I was little, I didn't have a voice.
- What does Cindy mean when she says this?

*Fun Fact: Did you know Cindy wrote a book about her life? Talk about Speaking Up!



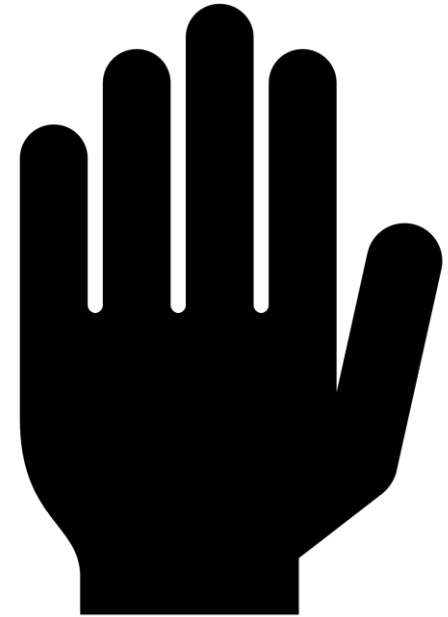
Ashley Says...

- Ashley said, we need to teach people to speak up, not have someone else telling them what to do.
- What does she mean?
- Do you have people telling you what to do?

*Fun Fact: Did you know Ashley is a professional speaker?

Speaking up in meetings: Raise your hand if...

- You have ever been in an IEP or school meeting about you
- You have ever been in a DVR meeting or a meeting about your job
- You have ever been in a Family Care or IRIS meeting about you





In Your Meeting, Who
Talked Most?

Why?



Speaking up in meetings ABOUT you

- How could you make sure you are ready to speak up in a meeting about you?



Sometimes people can be disrespectful

Disrespect can mean:

- People don't listen to you
- People make fun of you or laugh at your idea
- People treat you like a child

Sometimes people can be disrespectful



Have you been
disrespected?



How did it make you
feel?



How could you deal
with that in the future?

Chris

Chris would like to live in his own place some day

Chris is worried that no one will listen to him or they will think it isn't a good idea

Chris wants to bring this up in his meeting



Chris wants your advice



Should Chris talk about wanting to move out someday?



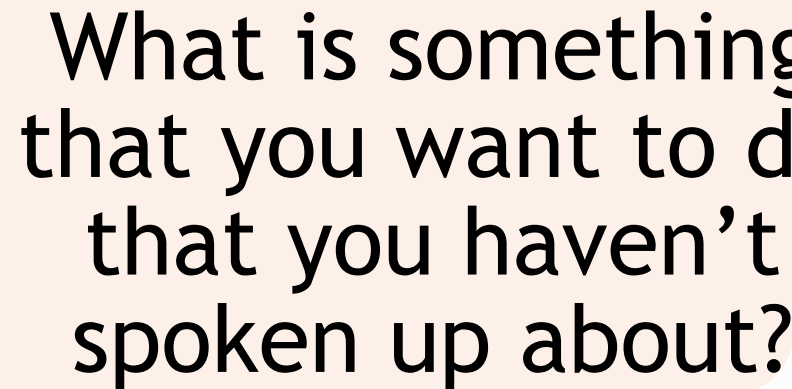
How can Chris speak up for himself?



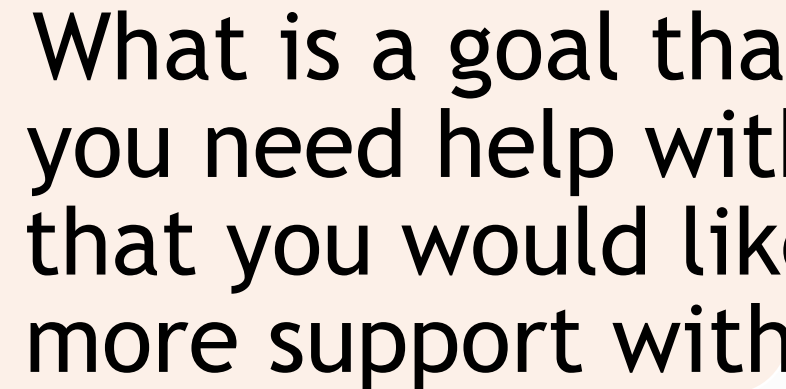
If someone disagrees with Chris what could he say?



Who has a goal to speak up more? Who wants to practice?



What is something that you want to do that you haven't spoken up about?



What is a goal that you need help with that you would like more support with?

What did we learn today?

Speaking up is important

We need to practice
speaking up

We should speak up when
we feel disrespected

Remember your SMART Goals



Creating SMART Goals

SPECIFIC: What specific goals do I want to achieve? (Example: I want to make more friends)

Write notes here...

MEASUREABLE: How will I be able to tell if I am getting closer to my goal? (Example: I will go to a new event or activity once a month)

Write notes here...

ATTAINABLE: Am I able to do this? Is this something that I can really accomplish?

Write notes here...

RELATABLE: Does this goal going to make my life better?

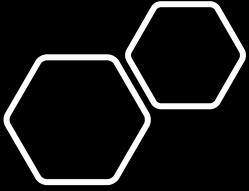
Write notes here...

TIMELY: When or how long are you going to work on this goal? (Example: I will do this for 2 weeks; I will reach this goal in one year)

Write notes here...

Homework

- There are 3 different assignments
- You should pick 1 assignment to do between now and the next time we meet
- Do not pick more than 1 assignment



Homework

Assignment 1 - Find a picture that shows
This is a person that speaks up for themselves.
I want to speak up for myself about this issue.
This is how I'll feel when I speak up for myself.

Assignment 2 - Fill-in-the-blanks.

- I'll feel _____ when I speak up for myself.
- I'm nervous about speaking up about _____.
- I'll do _____ to help me to speak up for myself.

Assignment 3

Watch this video *Speaking Up as a Young Person with a Disability* video

<https://www.youtube.com/watch?v=qUP4pMj0i-Q>. Read and answer each question.

What did you think of this class?



GOOD



BAD