



Be A Self-Advocate

An Elevator Speech is a few sentences that you practice or write down to tell someone about you.

- It can help others understand more about what you want or need.
- Practice your elevator speech.
- Give yourself a pep talk. You can do it.
- Use this when you talk to teachers, bosses, co-workers, counselors, or even friends.
- You may also want to think about and practice when you should share personal info with others.

Think about how to explain your abilities. Here is an example:

I am a self-advocate; I like to speak for myself.

I know what I am good at doing and when I may need help. When I need help, I can ask the people who help me. I trust them.

I have a condition called _____.

**A learning difference means that my brain is wired its own way.
People with LD can have different skills.**

Work on a list to tell about your strengths and needs. Pick from the list below or choose your own:

I am good at:

I usually need help with:

When I need help, I get help from:

- Talking to others
- Working with people
- Caring for animals
- Working by myself
- Working with a computer or a phone
- Using math and numbers
- Paying attention
- Remembering
- Learning new skills
- Reading
- Figuring out answers to a problem
- Making decisions

- Organizing objects
- Following instructions
- Being on time
- Helping others
- Doing household chores
- Telling time
- Traveling from place to place
- Bending and lifting
- Standing and walking
- Keeping quiet
- Keeping myself clean and neat
- Other ideas _____