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# Know Your Rights: Self-Advocacy

Find valuable info and resources related to your right to self-advocacy at [personcenteredservices.com/advocacy](https://personcenteredservices.com/advocacy).

## What are my rights related to self-advocacy?



- Your thoughts, ideas and opinions matter. Self-advocacy is how you can make yourself heard and understood.
- When you are making your thoughts known about topics that may affect you, that is self-advocacy.
- You may support others by helping them express their ideas and find supportive resources.
- You can advocate by yourself or with others who share a similar cause.
- You have the right and responsibility to advocate for yourself and others.



## What are my responsibilities?



- Learn about how an issue or topic may affect you or others.
- Explore which actions can be taken to help you reach your goals.
- Find out who the decision-makers are and how people connect with them to share their thoughts and opinions.
- Craft your message so people can best understand you and know what you are advocating for.

## What are next steps I can take?



- Connect with others who can support you in advocating. This may include the natural supports in your life, self-advocacy groups, organizations that teach self-advocacy skills, legal services, or individuals and groups who are experienced with advocacy. You can find resources and links at [personcenteredservices.com/advocacy](https://personcenteredservices.com/advocacy).