**SELF-ADVOCACY**

**IS THE ABILITY TO ARTICULATE ONE’S NEEDS & MAKE INFORMED DECISIONS ABOUT THE SUPPORT NECESSARY TO MEET NEEDS.**

**NEVER TOO EARLY**

Children and adults benefit from learning to advocate for themselves. This is a skill that can be developed and improved throughout life.

**BENEFITS OF SELF-ADVOCACY**

- **Knowledge of Self**
  -有利于了解自己
  -有利于理解自己的需求和能力
  -有利于在不同环境中进行有效沟通

- **Leadership & Infomation**
  -有利于领导能力的提升
  -有利于获取信息和知识

- **Empowerment of Abilities**
  -有利于能力的提升
  -有利于在各种情况下自信地表达自己

- **Communication Skills**
  -有利于沟通技巧的提升
  -有利于清晰准确地表达需求和意愿

- **Social Competence**
  -有利于社交能力的提升
  -有利于建立和维护人际关系

**HOW CAN SELF-ADVOCACY SKILLS BE FOSTERED IN DEAF INDIVIDUALS?**

- **Recognize & Adopt a Team Approach**
  -与他人合作进行团队活动
  -接受并采用团队合作

- **Start the Process Early**
  -从小培养自我主张的意识和技能
  -从早期开始培养自我主张的意识和技能

- **Provide the Understanding of One’s Own Hearing Loss**
  -了解自己的听力损失
  -了解自己的听力损失

- **Promote the Understanding of Deaf Self-Advocacy**
  -促进理解聋人的自我主张
  -促进理解聋人的自我主张

- **Encourage Flexibility to Learn What Fits**
  -鼓励学习适合自己的方法
  -鼓励学习适合自己的方法

- **Provide Tools That Help One Identify & Understand Their Legal Rights**
  -提供工具帮助识别和理解法律权利
  -提供工具帮助识别和理解法律权利

- **Gain Volunteer & School-Sponsored Work Experiences**
  -获得志愿者和学校赞助的工作经验
  -获得志愿者和学校赞助的工作经验

**WHAT ARE SOME WAYS THAT DEAF INDIVIDUALS CAN PRACTICE SELF-ADVOCACY SKILLS?**

- **Participate in Education & Vocational Planning**
  -参与教育和职业规划
  -参与教育和职业规划

- **Participate in Social Activities & Family Outings**
  -参与社交活动和家庭郊游
  -参与社交活动和家庭郊游

**LEARN MORE:**

- [nationaldeafcenter.org](https://nationaldeafcenter.org)
- [nationaldeafcenter.org/resources](https://nationaldeafcenter.org/resources)
- [deafselfadvocacy.org](https://deafselfadvocacy.org)

**REFERENCES:**


It is important that deaf individuals have the opportunity to learn and practice self-advocacy in a range of settings and be able to communicate their needs effectively. This skill is essential for navigating daily life and ensuring their rights are respected. Through various experiences and activities, deaf individuals can develop and refine their self-advocacy skills, which will empower them to communicate their needs and advocate for themselves in various situations.