

Advocacy for Disabilities

In a meeting or school environment!



The only person who knows what you truly need is yourself.

Meeting

If it is a meeting about your own education, then you are the boss and the head of the table

Be authentic and know that this is your battle

You must be unafraid to speak for what you need

Be clear, direct, and respectful

It's ok to need to level the playing field

School

Set up individual conferences with your teachers

Recognize your needs and ask for that helping hand (accommodation) respectfully

Show your teacher how you use your accommodations

Collaborate with your teacher

Asking for help is a sign of strength, not weakness.