SELF DETERMINATION ACTIVITY PACKET



1. What are the four principles of self-determination?
2. Freedom means to make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for ourselves.
3. Control means we get to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our lives the way we want.
4. List some responsibilities you have at:

* School:
* Home:
* Work:

1. List 3 people that SUPPORT YOU:
2. A Self- Advocate is someone who \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for themselves.
3. Self-Advocacy teaches you about your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ &\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Do you speak up for yourself? Check one.

\_\_\_\_\_\_ ALL THE TIME ☺

\_\_\_\_\_\_ SOMETIMES :/

\_\_\_\_\_\_ NEVER ☹