

# What does it mean to Self Advocate?

U-PRISE

Unionville-Chadds Ford School  
District

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## PaTTAN's Mission

The mission of the Pennsylvania Training and Technical Assistance Network (PaTTAN) is to support the efforts and initiatives of the Bureau of Special Education, and to build the capacity of local educational agencies to serve students who receive special education services.

PDE's  
Commitment  
to Least  
Restrictive  
Environment  
(LRE)

Our goal for each child is to ensure Individualized Education Program (IEP) teams begin with the general education setting with the use of Supplementary Aids and Services before considering a more restrictive environment.

i'm  
determined

How Self-  
Determined Are  
you?

## Core Components of Self Determination

- Choice Making
- Decision Making
- Problem Solving
- Goal setting and attainment
- Self-regulation

## Core Components of Self Determination

- Self-advocacy
- Internal locus of control
- Self-efficacy
- Self-awareness

Self  
Determination  
vs. Self  
Advocacy

Self determined  
people know what  
they want and use  
their self advocacy  
to get it

# Self Advocacy

- Understanding your rights and responsibilities
- Speaking up for your rights
- Making choices and decisions that affect your life



# SHARE

- **S**it up straight
- **H**ave a pleasant tone of voice
- **A**ctivate your thinking
- **R**elax
- **E**ngage in eye communication

## Resources

- PaTTAN Publications
- LD Online
- The 411 on Disability
- Job Accommodation Network
- Center for Parent Information and Resources
- Life After High School

# Resources

[Pennsylvania Youth  
Leadership Network \(PYLN\)](#)

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**Commonwealth  
of Pennsylvania**  
Tom Wolf, Governor