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**FAST
FACTS**

Instruction in Self-Advocacy

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Instruction in self-advocacy is one of five legally mandated pre-employment transition services (pre-ETS) listed in the Workforce Innovation and Opportunity Act (WIOA, 2014).

2

Self-advocacy refers to the ability to understand and communicate one's needs, interests, and views to others in an effective manner. The term is sometimes used interchangeably with self-determination.

3

Self-advocacy skills comprise skills in four critical areas: (a) knowledge of self (e.g., strengths, dreams, needs); (b) knowledge of rights (e.g., personal rights, community rights); (c) communication (e.g., assertiveness, negotiation); and (d) leadership (e.g., knowledge of resources, advocating for others).

4

When students develop self-advocacy and self-determination before exiting high school, they are more likely to be successful in education, employment, and independent living after high school.

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Student self-advocacy development can be embedded into (a) Individualized Education Program (IEP) and transition planning processes, (b) classroom activities and assessments requiring students to advocate for IEP accommodations, and (c) classroom instruction aligned with state standards.

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A variety of research-supported curricular materials exist to teach students self-advocacy skills, many of which are free.

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