

# Tips for the Pwrt IEP: pwrt: ITTP

## What is self-advocacy?

Self-advocacy is the way of speaking up for yourself and taking responsibility for your own life.

- speak up for yourself
- describe your strengths, disability, needs, and wishes
- take responsibility for yourself
- find out about your rights
- obtain help or know who to ask if you have a question

## Where can I practice self-advocacy?

A great place to practice self-advocacy is in your

- accept help from others
- lead all or part of the IEP meeting

## But it's not like going to these

Will I be able to do it? It's not like going to these

- Come for just a few minutes, instead of attending the whole meeting.

- Write down your ideas, questions, and concerns before the meeting.
- Practice or role-play ahead of time what you want to say in the meeting.
- Introduce yourself.
- Tell team members about your interests, strengths, and desires for the future.
- Explain to the team what it is like to have your disability.
- Help your special education teacher write the agenda.
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but it's a good idea. After all, no one knows you better than you.) In Minnesota transition must begin during the ninth grade, so you should be invited then and whenever the team is talking about transition services. You may want to discuss attending your IEP meeting with your parents. Transition is