

ADVOCACY 101



MEETING AGENDA



- 1 Getting to know you
- 2 Define advocacy
- 3 Self-advocacy + tips
- 4 Be a UMBC advocate
- 5 Suggest DAU projects
- 6 Closing announcements

GETTING TO KNOW YOU

1. What is your name, grade, and major(s)?
2. What are some hobbies you do or things that interest you?



DEFINE ADVOCACY



Advocacy

Advocacy is “any action that speaks in favor of, recommends, argues for a cause, supports or defends, or pleads on behalf of others.”

Examples

Advocacy can include..

- public education
- policy research
- statements on issues
- boycotts
- protesting etc.

Three Types of Advocacy

1 Individual Advocacy

Advocacy on behalf of a single individual

3 Systems Advocacy

Advocacy on behalf of a group or class of people

2 Self-Advocacy

Advocacy on behalf of yourself

SOURCES:

1. TYPES OF ADVOCACY WVU
2. NCIL FAQs ADVOCACY AND LOBBYING

What types of advocacy have you participated in?



SELF-ADVOCACY + GOALS



In a more in depth overview, **self-advocacy refers to your ability to...**

- Effectively communicate, convey, negotiate or assert interests, desires, needs, and rights
- Understand your strengths and needs, identify your personal goals, know your rights and responsibilities, and communicate these to others.
- Speak up for yourself

Goals

- Take time to reflect on where you may need to engage in self-advocacy in your life currently
- Create a list of SMART goals that are related to self-advocacy, writing down the..
 - Goal
 - Possible Barriers
 - Plan to resolve barrier
 - How will you advocate for your needs?

SOURCES:

1. TYPES OF ADVOCACY WVU
2. MENTAL HEALTH RESOURCE GUIDE 2024 - ARI

What are some tips you would give to disabled students on having self advocacy at UMBC?



HOW TO BE AN ADVOCATE AT UMBC

UMBC Sunflower Program

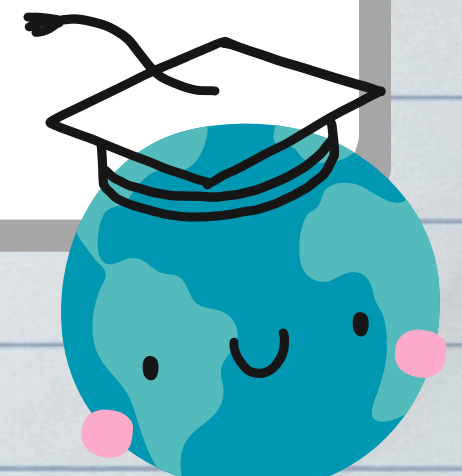
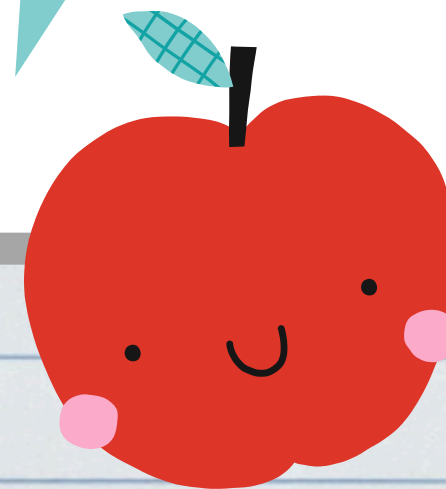
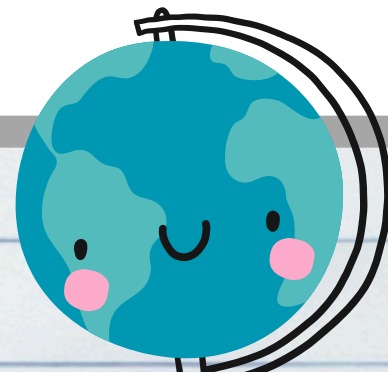
- Take the sunflower program for training on how to support invisibly disabled
- Can be found on MYUMBC

UMBC Accessibility Reporting Form + ADA Coordinator (contact Stephanie Lazarus)

- Form: report facilities accessibility issues
- For accommodations before an event reach out to Stephanie and SDS mailbox

General

- Inform students about SDS and accommodations process if they are seeking help
- Listen to community and support each other
- Be alert and bring inaccessibility issues, and advocacy initiatives up anytime to the DAU



SUGGEST DAV PROJECTS

- Email campaign for instructors to enroll in accommodations training course
 - only 7% currently enrolled
- Voluntary presentations on disabilities you have
 - Misconceptions
 - Wins or cool things your disability has brought you
 - How to support people with that disability?
 - Community info-graphic compilation we could have for end of April
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ANNOUNCEMENTS

Next Event:

Monday March 24th 12-1PM

Event and location to be confirmed