

**SPEAK UP!  
SPEAK OUT!**

**Check out these  
Great Resources!**

The Riot  
[www.theriotrocks.org](http://www.theriotrocks.org)

Best Buddies  
[www.bestbuddies.org](http://www.bestbuddies.org)

E-buddies  
[www.ebuddies.org](http://www.ebuddies.org)



**DDS ADVOCATE'S CORNER  
WEBSITE**  
To learn more about Self  
Advocacy and find  
groups in your area,  
go to:  
[www.ct.gov/advocatescorner](http://www.ct.gov/advocatescorner)  
and click on the  
Self Advocacy page.

**10 Steps for Being a Good Self Advocate**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| <b>1. Believe in Yourself</b>      | <b>6. Know your Appeal Rights</b>     |
| <b>2. Realize YOU have Rights</b>  | <b>7. Be Assertive and Persistent</b> |
| <b>3. Discuss YOUR Concerns</b>    | <b>8. Use Communication skills</b>    |
| <b>4. Get the FACTS in writing</b> | <b>9. Ask for Help</b>                |
| <b>5. Use the Chain of Command</b> | <b>10. FOLLOW-UP</b>                  |



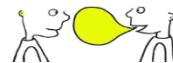
**If You See Mean SPEAK UP! SPEAK OUT!**

- Bullying-when someone makes someone else feel bad on purpose. They do it over and over.
  - Neglect- when someone isn't giving the services necessary for them to be healthy and safe.
- Abuse- when someone purposely does something that hurts or injures another person.



**Say "STOP! THAT IS NOT OK!"**

**Tell a Safe Person**



**"Think**

**Decide**

**Act"**



**If You See Something- Say Something!!**