FOLLOW ME, WE’VE GOT THIS!
WRITE IT DOWN:

The guide is an accessible and fun booklet to talk about what self-advocacy is. This guide is very important for people with intellectual disabilities to know about their rights.

We’ve learned to defend our rights and this was transformative. Today, we share that knowledge with other people with intellectual disabilities.

We are sure that you will identify with the characters Lucas and Ana Júlia. More than that, you will be inspired to know and be part of the self-advocacy movement.

Enjoy the reading!

Stephanie Lima Ferreira
Advocacy Assistant

Ronie Vitorino
Advocacy Assistant

Tell us what you thought of the guide by visiting our blog unidospelacausa.blog.br.
SELF-ADVOCACY GUIDE

FOLLOW ME, WE’VE GOT THIS!

Self-advocacy aims to strengthen the independence and autonomy of people with intellectual disabilities.

Look where it started... The self-advocacy movement for people with intellectual disabilities began in Sweden in the 1960s. On this occasion, a group of people with intellectual disabilities received support in the initiative to organize and lead their own leisure groups.

Between 1968 and 1970, meetings were held with the aim of writing statements that had proposals from the very people with intellectual disabilities regarding the type of treatment they would like to receive and how they would like to see their ideas and wills respected.

The recognition that people with intellectual disabilities were able to organize and decide on their lives has been strengthening and, in a short time, it spread across other countries.

Since 2011, the Instituto Jô Clemente has relied on self-advocacy, promoting internal and external spaces for participation in such a way that people with intellectual disabilities are protagonists. There has been years for learning a lot, changing routes, exploring new places, always with the aim of providing people with intellectual disabilities, the so-called self-advocates, the place of protagonism.

The purpose of this guide is to contribute to the information and importance of the movement of self-advocates. It intends to show, in an accessible way, how much people with intellectual disabilities are able to express their ideas, wills, criticisms, skills, and to exercise self-advocacy and guarantee their rights in practice.

Did you like that idea? So, let’s do this together?

Mônica Neves Rocha Arten
HI, ANA JÚLIA! I’VE BEEN THINKING A LOT ABOUT YOUR INVITATION, BUT I’M WONDERING: WHAT IS SELF-ADVOCACY?

HELLO, LUCAS! LET’S MEET THE GROUP OF SELF-ADVOCATES, SHALL WE?

SELF-ADVOCACY IS WHEN THE PERSON WITH INTELLECTUAL DISABILITIES LEARNS ABOUT THEIR RIGHTS AND HOW TO DEFEND THOSE RIGHTS.

TO DEFEND THEIR RIGHTS?!
AND DO WE HAVE RIGHTS?!
WHAT ARE THEY?
OF COURSE WE DO! WE ARE PEOPLE WITH INTELLECTUAL DISABILITIES, BUT WE HAVE THE SAME RIGHTS AS ANYONE. I’M GOING TO SHOW YOU SOME PICTURES, BECAUSE I KNOW IT MAKES IT EASIER FOR US TO UNDERSTAND IT.

LOOK HOW MANY RIGHTS WE HAVE...
GETTING MARRIED

PRACTICING SPORTS

ATTENDING THE SCHOOL
FAMILY AND COMMUNITY RELATIONS

VOTING

WORKING
I KNOW, RIGHT? IN THE GROUP OF SELF-ADVOCATES, WE TALK ABOUT OUR RIGHTS, ABOUT THE BARRIERS WE FACE AND HOW TO DEAL WITH IT ALL. IN THE GROUP, WE CAN TALK ABOUT WHAT WE THINK AND VOICE OUR IDEAS, FEARS, AND SUGGESTIONS. WE ALSO LEARN ABOUT LAWS, SUCH AS THE BRAZILIAN INCLUSION LAW, THE CONVENTION ON THE RIGHTS OF PERSONS WITH DISABILITIES, HUMAN RIGHTS...
YOU KNOW WHAT... I’LL TELL YOU SOMETHING: I’M ASHAMED TO GO TO THE GROUP.

WHY IS THAT?

BECAUSE SOMETIMES I DON’T UNDERSTAND WHAT PEOPLE ARE TALKING ABOUT.

ESPECIALLY WHEN THEY USE COMPLICATED AND DIFFICULT WORDS.

TAKE IT EASY! THE GROUP HELPED ME A LOT IN THIS SITUATION...

HOW SO?
Instead of saying: ‘Let’s register it on paper...’ say: ‘Write it down.’

When someone says: ‘Go up to that street...’ say: ‘Go over there.’

When I say: ‘Lucas will insert an image in the social network...’ it would be easier to say: ‘Lucas will post the image on his Instagram.’

Do you understand?
EVERY ACTION MUST BE DETAILED. SOMETIMES IT WILL BE NECESSARY TO REPEAT MORE THAN ONCE, TWICE, THREE TIMES FOR US TO UNDERSTAND IT. AND THAT’S OKAY, YOU KNOW?

YEAH, THAT’S IT! SPEAK IN A SIMPLER WAY! THAT’S WHY WE SUFFER A LOT OF PREJUDICE.

TODAY, AT SCHOOL, A COLLEAGUE CALLED ME LAZY BECAUSE I COULD NOT READ A TEXT AND HAD DIFFICULTY WRITING.
INTELLECTUAL DISABILITY CONSIST IN SOME DIFFICULTIES WE HAVE TO WRITE, TO READ, TO UNDERSTAND THINGS, TO SOLVE SOME PROBLEMS, TO PERFORM SOME DAY-TO-DAY ACTIVITIES. IT DOESN’T MEAN WE CAN’T LEARN IT. WE CAN!

THE GROUP HELPS ME A LOT!

HAVE YOU EVER HEARD OF ATTITUDINAL BARRIERS?

I’M GOING TO EXPLAIN IT...

IT’S ABOUT THE PREJUDICE AND DISCRIMINATION WE SUFFER FROM SOCIETY. WHAT YOU’VE TOLD ME IS A PREJUDICE; IT’S A BARRIER YOU FACE IN YOUR DAILY LIFE.
THERE ARE OTHER FORMS OF DISCRIMINATION.
IN THAT CASE, WOULDN’T IT BE NICE TO HAVE SOMEONE SUPPORTING US?

OF COURSE IT WOULD!

IT MUST BE SOMEONE WE TRUST AND CHOSEN BY US.

THAT PERSON WILL SUPPORT US IN SOME SITUATIONS, SUCH AS:
MANAGING MONEY

REMINDBING US OF APPOINTMENT DATES, TIMES

USING TECHNOLOGICAL DEVICES AND SOCIAL NETWORKS.
WRITING DOWN INFORMATION

USING THE ELECTRONIC TRANSIT CARD

TAKING THE BUS.
DON’T FORGET THAT THE SUPPORT PERSON CANNOT DO EVERYTHING FOR US, ALL RIGHT?!

I KNOW THAT. THERE’S A LOT OF PEOPLE WHO TREAT US LIKE KIDS, RIGHT?

AND THEY STILL THINK WE’RE NOT CAPABLE OF ANYTHING!
COME ON! I HAD A HARD TIME REMEMBERING THE MEETINGS, MY SCHOOL ACTIVITIES...

MY MEDICAL APPOINTMENTS. I’D ALWAYS FORGOT THEM! SOMETIMES I’D MISS AN APPOINTMENT, FOR EXAMPLE.

THEN THE SUPPORT PERSON CREATED A CALENDAR WITH ME WITH ALL MY COMMITMENTS.

I STUCK IT TO THE WALL IN MY BEDROOM AND IT WAS A LOT EASIER FOR ME TO REMEMBER THEM.
THE PERSON WHO SUPPORTS US HAS TO THINK ABOUT ACTIVITIES THAT MAKE IT EASIER FOR US TO UNDERSTAND WHAT THEY ARE TALKING ABOUT.

THE FAMILY PLAYS A VERY IMPORTANT ROLE IN THIS MATTER. FAMILY MEMBERS MUST BELIEVE IN OUR POTENTIAL AND ENCOURAGE OUR INDEPENDENCE AND AUTONOMY.

EACH PERSON WITH INTELLECTUAL DISABILITIES HAS A PARTICULAR WAY OF UNDERSTANDING THINGS. SOME NEED IMAGES. OTHERS WILL NEED A MORE ADAPTED MATERIAL.
OOPS! I'M SORRY! I WAS THINKING ABOUT SOME OF THE SITUATIONS I'VE BEEN THROUGH...

TELL ME ABOUT IT, LUCAS! DID YOU SEE HOW IMPORTANT YOUR PARTICIPATION IN THE GROUP OF SELF-ADVOCATES WOULD BE?
YEAH! AND I WANNA PARTICIPATE IN IT! I WANNA GO TO OTHER PLACES AND TALK ABOUT INTELLECTUAL DISABILITY AS WELL.

THAT’S RIGHT! I’VE PARTICIPATED IN RIGHTS COUNCILS... WHERE THE PERSON WITH INTELLECTUAL DISABILITIES HAS NEVER BEEN.

SEE HOW SELF-ADVOCACY STRENGTHENS US... TODAY, I SPEAK OF THE RIGHTS OF PEOPLE WITH DISABILITIES WITH OTHER YOUNG PEOPLE WHO DO NOT HAVE DISABILITIES.
Well, first of all, you need to know that we have the right to be wherever we want to be. When you receive some invitation to participate in lectures, conversation circles, and meetings, just go and enjoy it!

You rock!

Let’s talk about our lives, desires, dreams, and, of course, what we are capable of.
I’VE GOT IT... I’M IN AND I’M EXCITED! LET’S DEFEND THE CAUSE OF INTELLECTUAL DISABILITY TOGETHER!

NICE!

WE’LL MAKE A DIFFERENCE!
WOW! IT’S BEEN A YEAR AND IT WAS SO GOOD TO BE PART OF THE GROUP.

I’VE LEARNED SO MUCH! I ALREADY KNOW MY RIGHTS AND I’VE BEEN ABLE TO SHARE IT WITH SO MANY PEOPLE...

MY EDUCATION...

ME GUARANTEEING MY RIGHT TO VOTE AND MY POLITICAL PARTICIPATION.

ME MANAGING MY BANK ACCOUNT.
Hi, Lucas!

I still want to conquer more spaces. But that’s a matter for the next booklet!

I decided to accept your invitation to the meeting of self-advocates.

I’m quite anxious, could you explain it to me?

I’ve got this!
Let’s search the words of the group of self-advocates. Thus, you will learn more about our group and will be curious to be part of it.

What is a group of self-advocates and what is it for?

The group of self-advocates is a place to exchange ideas and knowledge. It intends to assist people with intellectual disabilities in understanding their rights. In the group, you can give opinions, provide solutions, and put your ideas into practice.

The self-advocacy movement aims to contribute to the advocacy, guarantee of rights, and the protagonism of people with intellectual disabilities. Come meet and be part of the group; it doesn’t exist without your participation.
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**BENEFIT OF CONTINUOUS PROVISION - BCP**

| ABLEISM | OPENING BANK ACCOUNT | LEGAL CAPACITY |
MY ANNOTATIONS.
ANSWERS

WORD SEARCH

P A R T C M K L E R Ö Ā L J K M N A A D E C Z X E P K Ç M N P L A S
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CIRCLE THE WORDS

VOTING

POLITICAL PARTICIPATION

VIOLENCE

DATE

WORKING

HOUSING

HEALTH

STUDYING

LEISURE

FAMILY

BULLYING

BENEFIT OF CONTINUOUS PROVISION - BCP

ABLEISM

OPENING BANK ACCOUNT

LEGAL CAPACITY
REALIZATION

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