



## WORKSHOP OVERVIEW

### What is this Self-Advocacy workshop and why are we promoting it?

The Saskatchewan Advocate for Children and Youth (ACY) places a significant emphasis on raising awareness about young people's rights. One of our main areas of focus over the coming years is to work with children and youth to develop self-advocacy skills: to speak up or act to improve their own quality of life, to effect personal change, or to make things more equal or fair. We offer this workshop for schools, group homes, and other organizations to teach young citizens of Saskatchewan to self-advocate, which supports their right to be heard and have their opinions considered when decisions are being made about their lives!

### Speak for Yourself workshop key topics include:

-  **Self-Advocacy** – What it is and how to use it
-  **Know Yourself** – Explore your strengths, challenges, needs and much more
-  **Know your Rights and Responsibilities** – Learn about Rights, Needs, Wants and Responsibilities and about the United Nations Convention on the Rights of the Child
-  **Effective Communication** – Learn about communication approaches, and ways to communicate with professionals to be effective in the self-advocacy process
-  **Positive Affirmations** - Learn about positive affirmations and how to implement them

### What does this workshop look like?

- The workshop lasts 2 hours
- We can tailor it to ages 8-16
- It is interactive, positive and fun, with activities, games and group discussion
- Each participant receives their own copy of our **Speak for Yourself** guide
- ACY staff maintain the confidentiality of any information that they receive during a workshop, unless a specific exception applies

### Questions? Interested in scheduling a workshop for your school or organization?



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