Self-advocacy skills help you improve your life.

It is important for you to be a self-advocate so you can get what you want and need.

**Circle the places you feel you can advocate for yourself:**

- Doctor
- Therapist
- My Health Care
- Medical Specialists
- Hospital
- Dentist

**Write down who supports you.**

__________________     ____________________  
__________________     ____________________  
__________________     ____________________  
__________________     ____________________  
__________________     ____________________  
__________________     ____________________
Circle the reasons why you want to be a self-advocate:

Why else would you want to be a self-advocate?
(List other reasons below.)

__________________________        _____________________________
___________________________       _____________________________

Remember – You know your body best. You have the right to make decisions, or have someone help you make decisions, about your health care.