

OSNS LINK TO SUCCESS

Employment Support Workshop
for Autistic Youth

Self-Advocacy, Splns, and Autistic Strengths

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What is **Self-advocacy?**

Knowing your own strengths and needs

Knowing or finding your special interests

Knowing your rights and responsibilities

With clear information!

Speaking Up

Through speech or other forms of communication

Problem-solving

Masking - useful or harmful?



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Everyday Self-Advocacy

- Respecting yourself and thinking kind thoughts about yourself
- Admitting what you find difficult
- Expressing what you like and dislike
- Practicing compassion for yourself when you make mistakes
- Taking responsibility for your mistakes
- Thinking about what you value



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Everyday Self-Advocacy

- Learning how to identify triggers and anticipate stressful situations
- Learning about your own sensory needs and preferences
- Learning about different accommodations and supports
- Deciding how much you can handle between school, activities, therapies, homework, and work



03

Self-Expression

- Expressing how you feel
- Expressing your thoughts
- Expressing through creative abilities

Self-advocacy

Relating to Others

- Choosing who you trust
- Expectations of other people
- Deciding who and when to ask for help
- Setting boundaries

Knowing Yourself (10 minutes)



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Knowing Your Rights

- ✓ You have the right to be treated equally, respectfully, and fairly without discrimination.
- ✓ You have the right to privacy and confidentiality.
- ✓ You have the right to make a complaint.
- ✓ You have the right to expect people to do what they say they will do.



Knowing Your Rights

- ✓ You have the right to receive good quality services.
- ✓ You have the right to be informed.
- ✓ You have the right to make decisions about your support.



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Why Speaking Up Can Be Difficult

- Not knowing the right words to say
- Fear of disappointment
- Anticipating emotional responses from others
- Negative past experiences



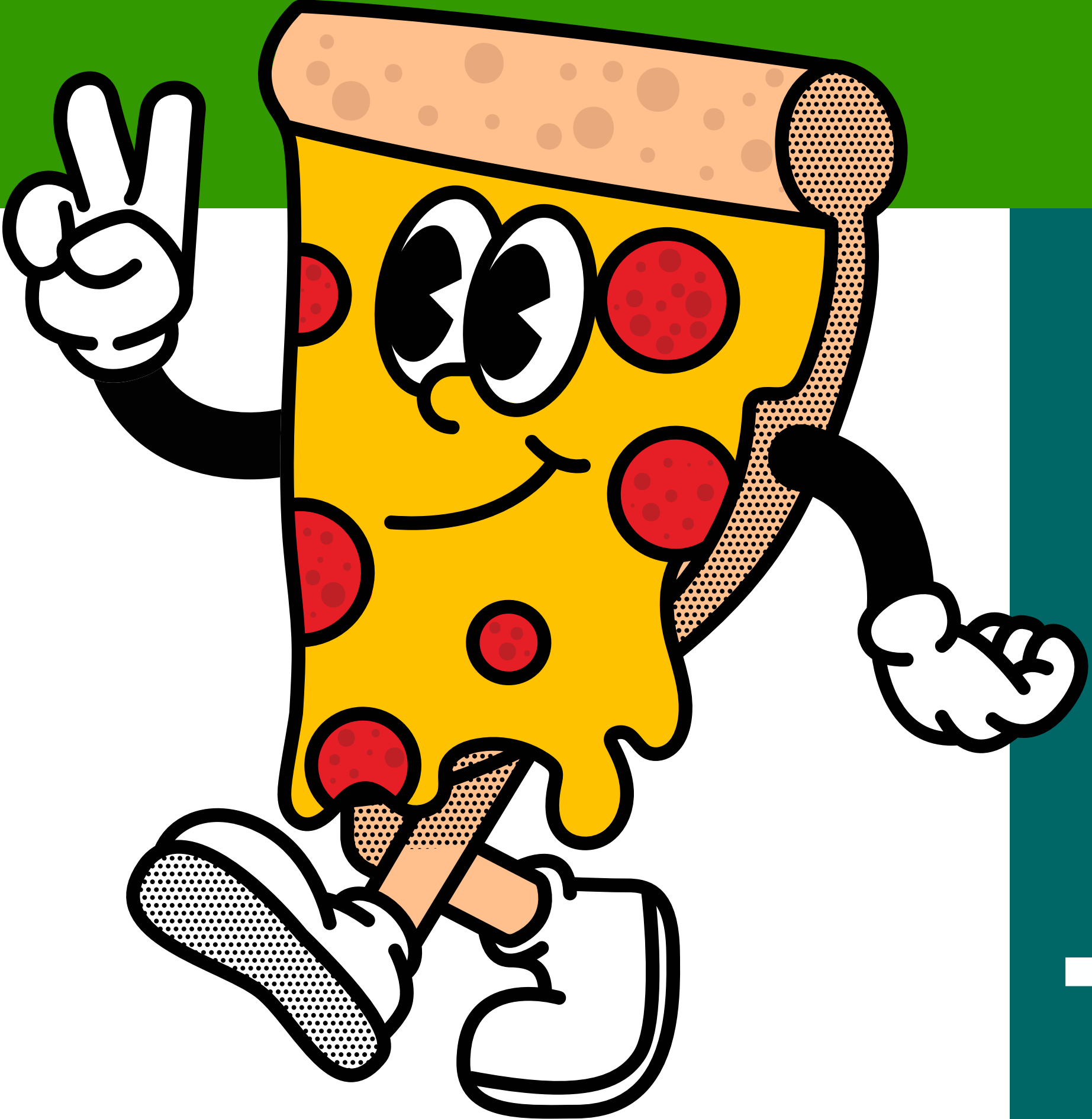
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Tips For Speaking Up

- 1 Thinking about what to say beforehand (autistic scripting)
- 2 Write an email
- 3 Ask someone you trust to speak up for you

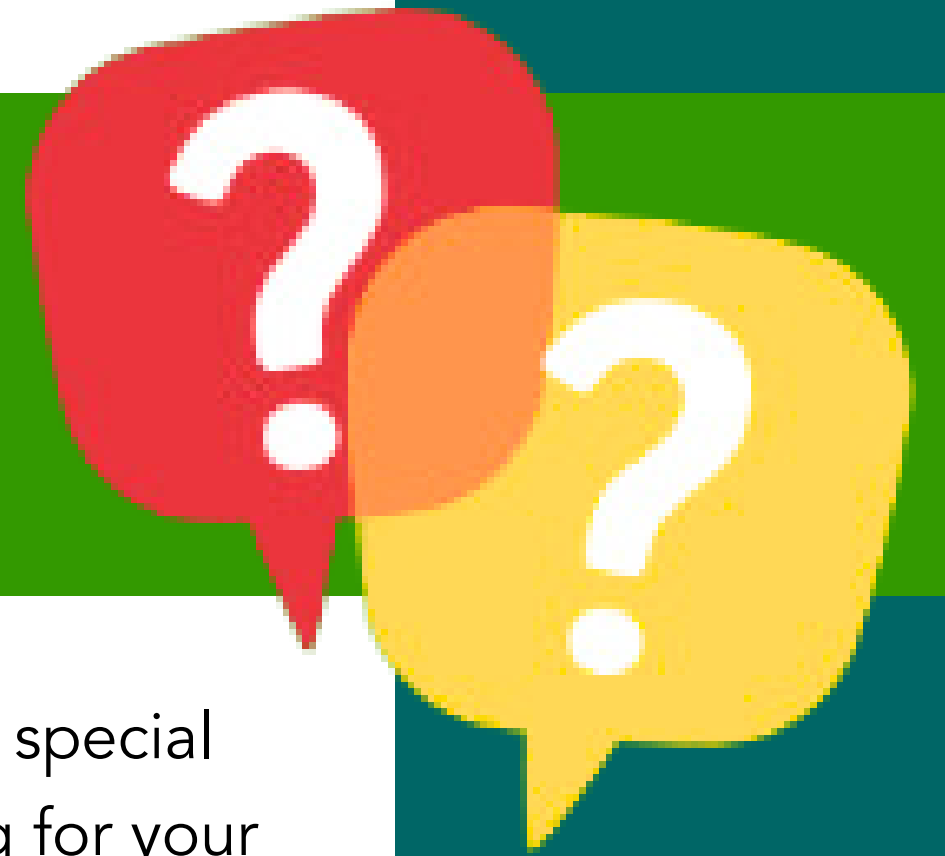


10 minute break



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Problem Solving Activity



You're trying out for a school team, and you know you have the skillset for it. In fact, it's your special interest, and the teachers/coaches have all heard you talking about it! Other peers are asking for your help to prepare for the tryouts, and you graciously offer it to them. On the day of the tryouts, you feel confident that you're going to make the team, because it's clear you are one of the strongest players there. When you leave that day, you feel good about your performance, and even the lead coach looks impressed and congratulates you. However, you hear other teachers whispering among themselves, and you hear the words, "autism" and "teamwork".

A week later, the results come out, and you're the only one who didn't make the team - even as a substitute player. When you ask for feedback, no one can give you a clear answer.

What would you do next?

Special Interests

- Intense, delightful fascinations with a certain topic
- Info Dumping: having so much excitement about this subject that you want everyone to hear all about it
- Other terms: "hyper-fixations", "being inflexible"
- Special interests drive intrinsic motivation
- Engaging with them is a reward on its own



What are Your **Special Interests?**

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Autistic Strengths Pictionary

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Thank You for Joining Us!

Workshop Slide
Presentation



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