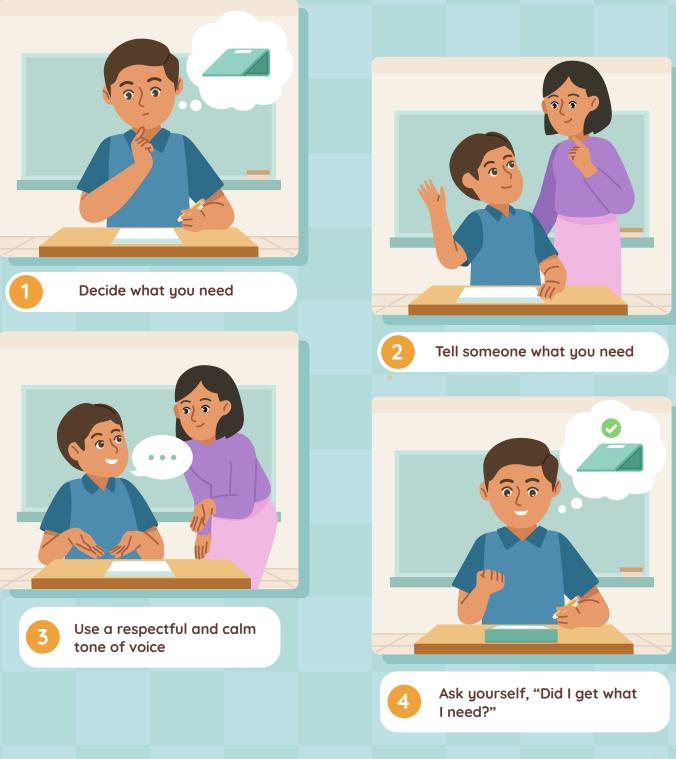
Advocating for Yourself

Learning to advocate for ourselves helps prepare us with the tools to navigate our own lives and builds confidence. Self-advocacy includes things like asking for help, solving our own problems, and speaking up when we feel uncomfortable or need something.



Everyday 💁 Speech