



Topic: Social Skills/Self-Advocacy

1. Review and discuss "Great Things About Me" document
2. Review and discuss "Social Skill Worksheet"
3. Watch "The Interviewer" video (it's 12 min long so feel free to take a break!)
 - a. Discuss: How did you feel about that video?
 - b. Discuss: What was the moral of the video?
4. Watch "The Awesome Mary Show" video
 - a. Start at 1 minute mark
 - b. Discuss: What are some ways you might advocate?
 - c. Discuss: In what situations might you need to advocate for yourself?
 - i. Possible answers: PCP meetings, at work, at the pool, with family, with friends, etc
5. Review "Speaking Up for Yourself" document
6. Review Communication Styles worksheet "How to Talk to People"
7. Review "Being Assertive is Not My Style"
 - a. Discuss: which person are you?
8. Choose as many scenarios as you want from the "Role Playing Assertive Behavior" document
 - a. Role play!
 - b. Review the Assertive Behavior Checklist with the person
9. If person is **nonverbal**, use the "Nonverbal Expression" document
10. Watch "Riding on the Bus with my Sister" video
 - a. Review LADDER document
 - b. Using LADDER, how would you respond to the man in the suit?
11. Review the "Career Disability Disclosure for Individuals with Disabilities" document
 - a. Read only the highlighted versions
12. Review the "Disability Disclosure Doc"