

Youth Leadership Development at the PEAL Center

Provide trainings and presentations in collaboration with agencies statewide to prepare youth and young adults to become effective self-advocates throughout transition into adulthood. Topics include:

- Self-awareness
- Self-acceptance
- Self-advocacy
- Goal setting
- Stress management
- Self-determination
- Anti-bullying

CONTACT US

(PEAL Center services are free)

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Parent Education & Advocacy
Leadership Center

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Youth Leadership Development

Preparing youth and young adults with disabilities and special health care needs for successful transition to adulthood.

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Self-Advocacy

What?

Speaking up for yourself with **self-awareness**; an understanding of your needs, wants, desires, and rights.

You + Your Voice

Why?

- Gain the knowledge needed to succeed
- Participate in decisions about your life
- Know how and when to ask for help
- Understand your rights

Where?

- In any situation and setting
- At home, school, work, and in the community
- At any level (personal, local, state, and national)

How?

Learn tools and strategies through discussion and activity-based presentations and trainings that seek to empower:

-**Youth** to become self-advocates

-**Parents and Professionals** to foster self-advocacy development in youth

Youth

Develop as a Self-Advocate

Topics include:

- Self-advocacy
- Self-awareness
- Communication is key
- Use of personal story-telling
- Build a support network
- Importance of peer support and mentors
- Set goals and follow through
- Transition is hard – develop coping skills
- Self-determination

Parents and Professionals

Foster Self-Advocacy Skills in Youth

Topics include:

- Presume competence
- Develop meaningful, open communication
- Utilize a person-centered approach
- Teach skills (goal setting, active listening, etc.)
- Provide opportunities for practice
- Build relationships with peers and mentors
- Support independence and self-determination

