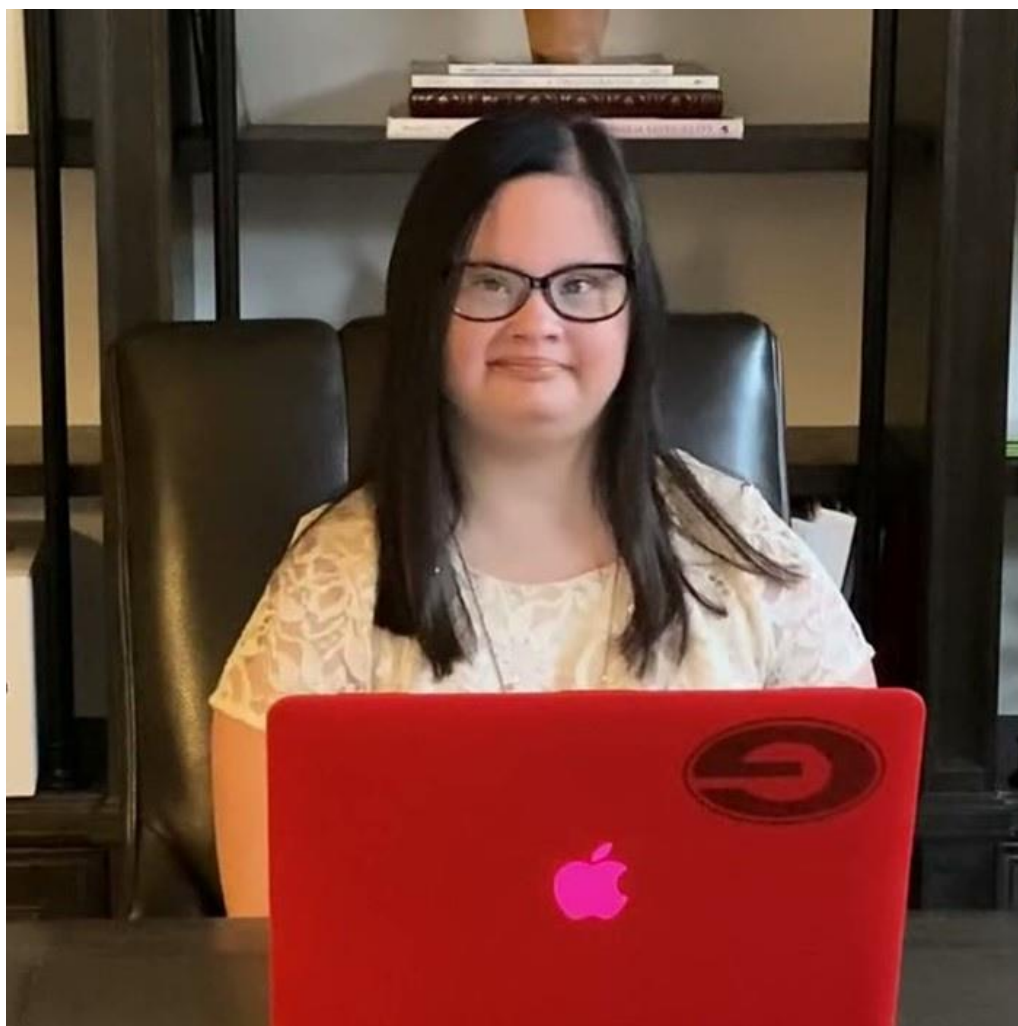


# Self-advocacy guide



## What is self-advocacy?



People with Down syndrome often have a limited voice in the decisions that affect them.



Self-advocacy is speaking up for yourself and other people with Down syndrome or disabilities.



You have the right to make your own choices.

## Self-advocacy groups



A self-advocacy group is a place where people with Down syndrome meet and engage in advocacy work together.



Self-advocacy groups share feelings and experiences and they support each other.



Self-advocacy groups work on projects together.

## Join a self-advocacy group



Your local Down syndrome organization may have a self-advocacy group that you could join.



Find your local Down syndrome organization using our Global Contacts list.

Global contacts:

<https://www.ds-int.org/Pages/Category/global-contacts>

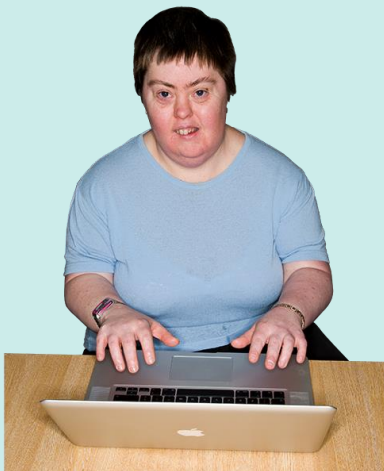
## Ways to speak up



Speak up to your family and friends – tell them what is important to you.



Share your thoughts on social media.



You could write a blog about the things that matter to you.

## Ways to speak up



Make a video and share it online, e.g. on social media, [YouTube](#) or [DownTV](#).



Share your story on the World Down Syndrome Day website.

<https://www.worlddownsyndromeday.org/stories>



Contact local leaders.

## Human rights



You can speak up for  
your human rights.



You have the right to  
make your own choices.



You should not be  
discriminated against.

## Human rights



You have the right to be fully included in society.



You should be respected for who you are.

Be proud!



You have the right to equal opportunities.



## Human rights



You have the right to access the places you want to go and transport to get there.



You should be able to access information and communication.



Men and women should be treated equally.

## UN Convention on the Rights of Persons with Disabilities (CRPD)



The CRPD explains how human rights apply to people with Down syndrome and other disabilities.



The CRPD is available in Easy Read format.

Easy Read CRPD:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/345108/easy-read-un-convention.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/345108/easy-read-un-convention.pdf)

## Contact us



Email:

[contact@ds-int.org](mailto:contact@ds-int.org)



Phone:

+44 (0)1395 493108



Good luck!