

EPISODE ONE / ADVOCACY

HOST - LIZ BLUME

CO HOST - LUCAS KRATZ

GUEST - VICTORIA HAMILTON



NAME

CLASS

DATE

In the Intro, **Liz speaks about the word advocacy. "What does that word mean?"** Liz believes that advocacy is when a person or a group of people stand up and speak out for themselves or for those who don't have a voice. As a person who is blind, Liz explains that advocacy helps her get the resources she needs to be successful at work and in her life. "It's the same for kids in school, If you don't tell your teachers what you need, how are you going to be successful in learning?"

Q What does your teacher do that helps you or your classmates be successful in learning?

A

Lucas thinks advocacy means, "speaking out for one's self to get the things you need".

Lucas shares a story about his experience in the cafeteria. Some behaviors due to his disability kept him sitting at a separate table at lunch. Lucas had to speak up and advocate for himself so he could sit with other students. When his advocacy made a difference and he could sit with his fellow students, he says he felt, "proud". Sometimes people around us don't know how we feel unless we speak up.

Q How do you think Lucas felt sitting at the table alone? Why do you think he felt proud after advocating for himself?

A

Podcast Guest Victoria talks about her advocacy during her time in highschool when she had to continually request alternative test formats because bubble tests (scantrons) didn't work for her. Her ability to write was different than her classmates and she needed a different style of test to be successful. Sometimes we have to be determined and continue to advocate to find success when things don't go our way the first time.

Q Have you ever had a time where you didn't succeed at first?
A What did you do?

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Victoria talks about her experience in college and how important advocacy was. Her IEP from high school didn't follow her to college and there was a different process to get the resources she needed. She talked about how she had to step up and speak out even more. She had to deliver letters directly to her professors and teachers to let them know about the accommodations she needed for every class she took. Sometimes things in our lives change, and the way we advocate can change too.

Q Do you think it was hard for Victoria to visit her professors about the resources she needed for every class? Why?

A

Lucas believes after listening to Victoria's experiences and perspective that you have to advocate for yourself every day!

Q Do you agree with Lucas? Why?

A

LIZ'S PODCAST CHALLENGE

Liz believes that if she couldn't confidently talk to her supervisors at work to let them know what she needs, it would be hard to do her job.

"Can you think back to a time when you had to speak up and advocate for yourself to be successful?"

"Being a great leader starts with being a great self-advocate!"

Share with us how you were a great advocate by emailing me at ILAPodcast@abilitysc.org.

Thank you for listening!