



MY ADVENTURES IN YOUTH EMPOWERMENT

As a teen or a young adult with a disability, you're probably used to adults in your life advocating for you and making decisions for you.

Well, Hi -my name is Jacob- I'm going to help you learn so much in our Transition series about how you can take charge and live your good life!

Later on, I'll introduce you to some of my friends who will tell their stories to help you learn how to speak up for yourself


"Advocating for yourself will help people around you better understand what you think, what you want, and what you need." [PACER Center](#)

Get ready for the ride!
Your Transition journey is starting right NOW...YOUTH Empowerment: Why Should It Matter to Me?



So, here is the information to help you live your good life. Each page of this series will show you ways to create the life you have always wanted!

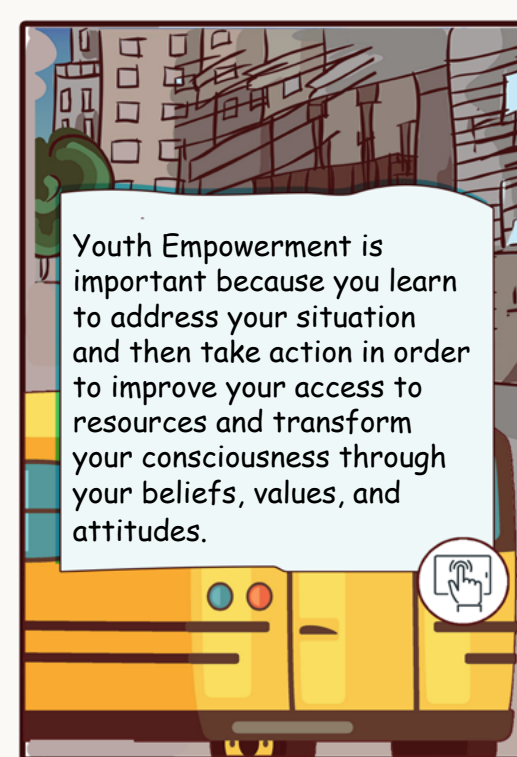
Youth Empowerment is the process of you becoming stronger and more confident, especially in controlling your life and claiming your rights.



YOUTH EMPOWERMENT

Why should it matter to me?

Youth Empowerment is important because you learn to address your situation and then take action in order to improve your access to resources and transform your consciousness through your beliefs, values, and attitudes.



Using Resources

Sharing information about resources for the real world

Stay informed about opportunities for us

Did you see the new communication board?

Learn independent living skills

Discover programs for youth!



Becoming an Advocate

Encourage new and emerging leaders to speak out for themselves & others

Advocate for yourself and others

That is an awesome idea!

Express Yourself!

Share experiences



Becoming Educated

Learning about the disability movement is important for all people with disabilities working toward a better future

Learn about the history of the movement

Know your rights

Stay informed



* IMT is in reference to **It's My Turn** Youth Transition Training offered by OCECD

Making Connections

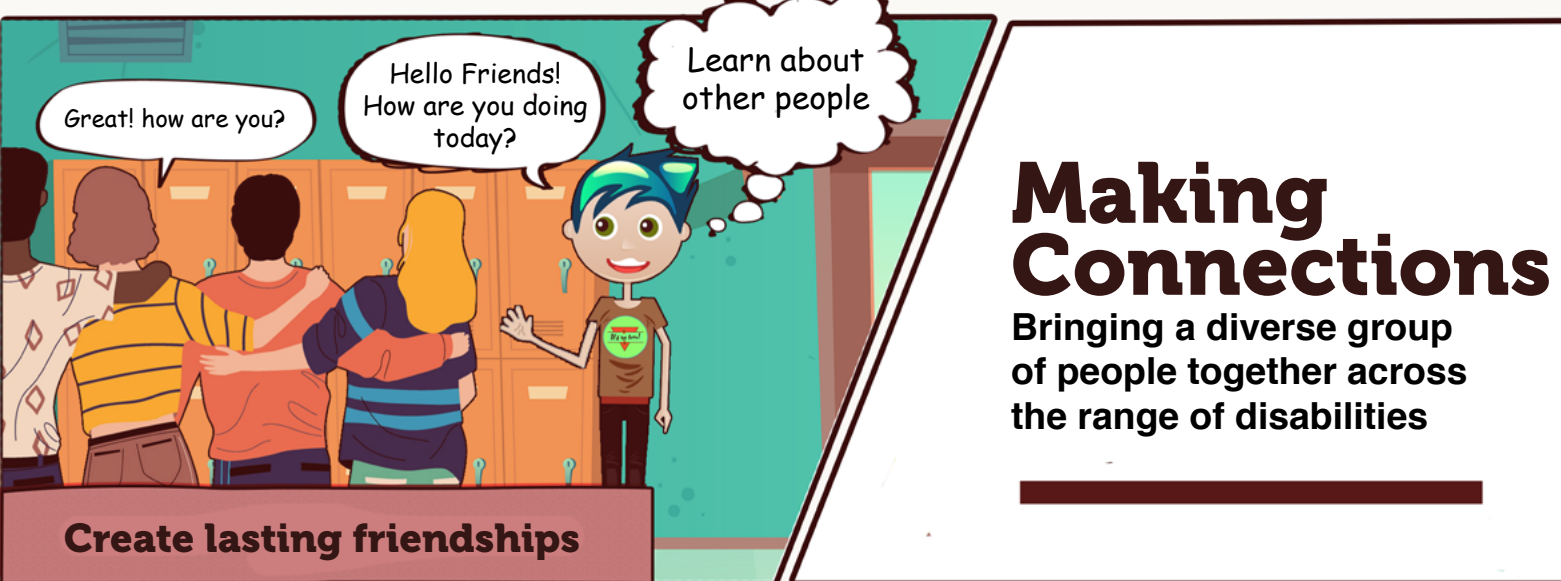
Bringing a diverse group of people together across the range of disabilities

Create lasting friendships

Hello Friends! How are you doing today?

Learn about other people

Great! how are you?



Hey Friends, there will be more adventures soon. Until then, try practicing some of the things we learned today in your daily routine!

More Info

