

# 'It's My Life'

## Self-Advocacy Course for 13 – 17 year olds



**Noah's**  
EVERY CHILD.  
EVERY OPPORTUNITY.

**For more information, please contact:**

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# It's my life – Outline

## Youth Self Advocacy Course for 13 to 17 year olds

To support children and young people with a disability in the community by providing support for them and for their carers.

The objectives include giving young people and their carers opportunities to:

- Learn more about advocacy and strengthen advocacy skills
- Build confidence to try new activities
- Find out about opportunities to increase inclusion within their community

This will be done by:

- Informative and engaging activities in a supportive learning environment
- Providing introductions and finding out more about relevant support services
- Opportunities to inform their communities on how best to create more inclusive environments

Activities will cover the following areas:

- **All about me and sharing stories** – creating an aspirational mindset – focusing on what everyone can do
- **My choices study/employment/endeppendence** – finding out more – what is available and what can be challenging
- **Making myself heard** – Advocacy, looking after yourself and building networks
- **My future, deciding what's next** – NDIS, Planning, Choice, Consequences and Community - access to information, taking a closer look and hearing more about what support is available.

Outcomes:

- Activities will be focused on and plan to increase confidence and empowerment
- Experience reduced stress about the future with increased knowledge and understanding
- Understanding of where to go for social support and building networks
- Increased advocacy knowledge and skills
- Ability to determine best way to plan and use support services

Who will Noah's invite to attend?

- Young people aged 13 to 17 years
- Young people with disability support requirements (including support for physical, intellectual and autism disability support)
- Number of participants (minimum 4, maximum 8-10)
- We also invite a sibling or friend from their peer network to support inclusion and to also provide some ongoing peer support after the course.

## Suggested program at a glance

Week 1 – 16 May	Week 2 – 23 May	Week 3 – 30 May	Week 4 – 6 June
All about me and sharing stories (VISION)	My choices study/employment/independence (IDENTIFYING NEEDS)	My future – deciding what's next (NDIS AND PLAN OF ACTION)	Making myself heard (ADVOCACY AND BUILDING NETWORKS)
<b>Session 1 – 9.30am to 11.30am</b>			
Introduction	Education & Study –	Introduction to NDIS	Introduction to Advocacy
Sharing Stories	Employment	Planning my way	Family & Self Advocacy
<b>Lunch – 11.30am to 12.15pm</b>			
Lunch Welcome	Lunch – Life Skills	Lunch – Life Skills	Lunch – Celebration & Sharing Stories
<b>Session 2 – 12.15pm to 2.00pm</b>			
All about me	Independence	Taking care of myself	Choice & Consequences
My story	Identifying your needs	Building New Networks	Community

**Venue** – Noah's based at UOW Shoalhaven Campus

- **Duration of Program** – 1 day a week for 4 weeks
- **Weekly Timing** – 9.30am to 2pm
- **Agenda** - 2 x 1.5 hour sessions plus 1 hour for lunch (see “suggested program at a glance” following pages)
- **Two Groups Option** – Depending on numbers, there may be 2 groups so presenters will facilitate the same session in the morning and again in the afternoon alternating between our two groups.