

# Empowering YOUTH Program



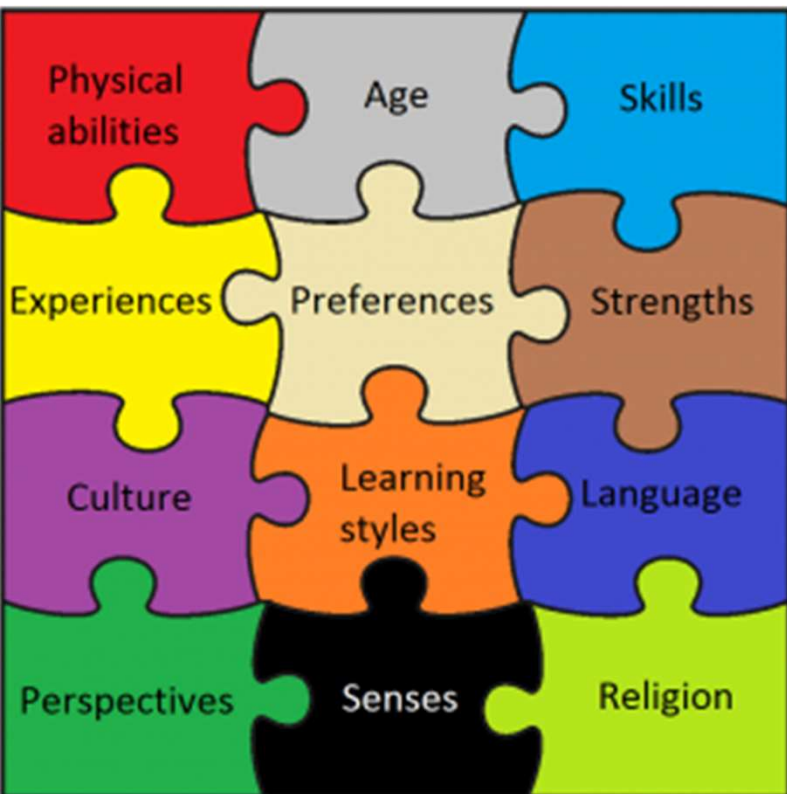
Session 4:

Celebrating our achievements

# Acknowledgement of Country



# Acknowledgement of People with Diverse Abilities



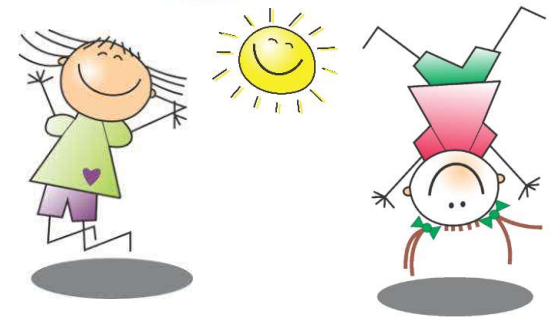
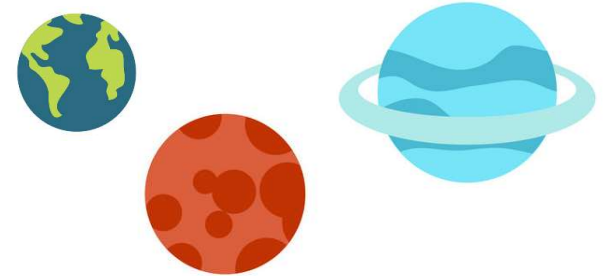
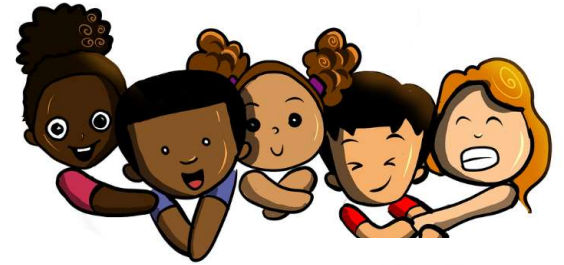
# Program overview

Session 1: Coming together & celebrating our diversity

Session 2: Creating our ideal planet

Session 3: Feeling good & living well

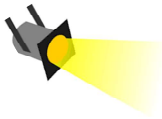
Session 4: Celebrating our achievements



# Overview of Session 4



1. Personal medicine Live auction



2. Shining a Light on our strengths



3. Video: Autism Advocate, Shadia Hancock



4. How to self-advocate



5. Know your rights & communicate them effectively



6. Expert review of the whole program



7. Graduation and celebration



# Don't forget ...



## Quiet Zone



## Right to Pass

## Sensory Items



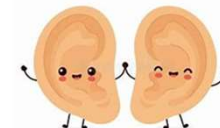
## Sensitive Ears

**We have lots of sensitive ears.**

Some of us can be overwhelmed by sudden noises, loud noises, and crunchy scratchy noises.

Please remember to:

1. Turn your phone to silent.
2. Do your hole punching at the 2 nominated hole punching stations.
3. Try not to bang objects around.
4. Prevent doors from slamming.
5. Remove food from crinkly packaging in the kitchen.



Thank you 😊

# RECAP: Personal Medicine Brainstorm

Personal medicines are the activities that we can do ourselves to support our mental health and wellbeing. We do them intentionally to make us feel good, raise our self-esteem and promote our overall wellbeing.

Personal medicines work by helping to balance our brain chemistry. When our brain chemistry is good, we think clearly and feel good.

Practicing personal medicine is a healthy habit.



We are going to do a personal medicine Live auction!

# Personal Medicine Live Auction

Use your budget of monopoly money to bid on the personal medicines which are most valuable to you.

1. Reading a book
2. Playing video games
3. Listening to music
4. Going swimming
5. Doing art or crafts
6. Playing sport
7. Hanging out with your favourite people
8. Spending time with your pet/s
9. Watching a movie or TV



# Personal Medicine Live Auction

Reading a book



# Personal Medicine Live Auction

Playing video games



# Personal Medicine Live Auction

Listening to music



# Personal Medicine Live Auction

Doing arts & crafts



# Personal Medicine Live Auction

Going swimming



# Personal Medicine Live Auction

Playing sport



# Personal Medicine Live Auction

Spending time with  
your pet/s



# Personal Medicine Live Auction

Hanging out with your  
favourite people



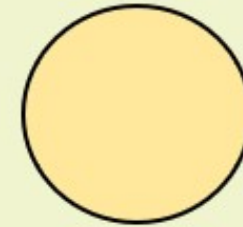


# Personal Medicine Live Auction

Watching a movie or TV



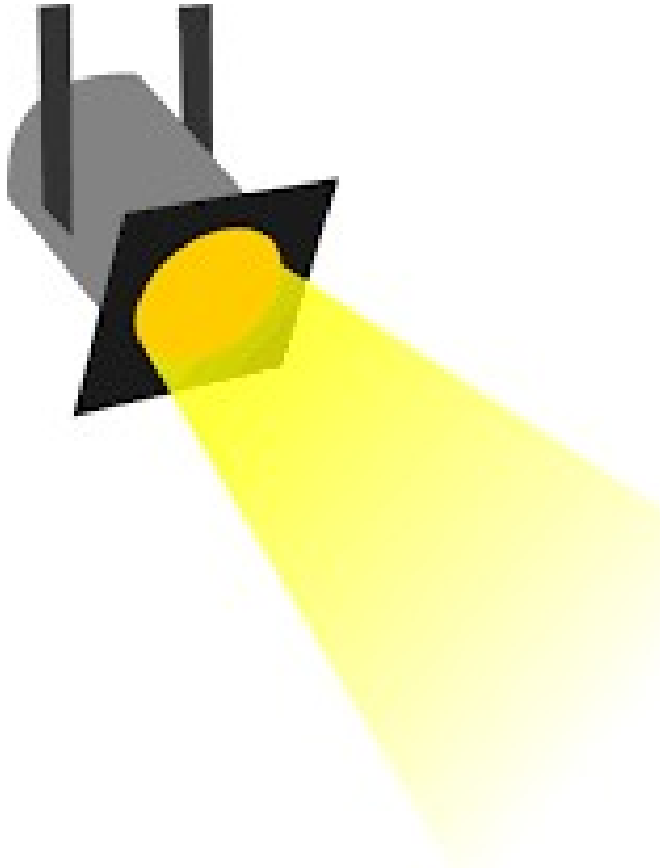
# Feelings check-in: How are you feeling?



Draw your own  
or choose one  
from below.



## Shining a Light on our strengths!



We are going to take a breather from all the learning and reflect on our strengths.

It can be difficult to identify your own strengths. A helpful way to think about your strengths, is to imagine how someone who knows you well and cares about you, would describe you.

Think of this, as you select 3 cards from the selection out the front.

# These are the strengths that we see in you

What did you notice about the strengths cards you picked yourself, and the strengths cards chosen by others?

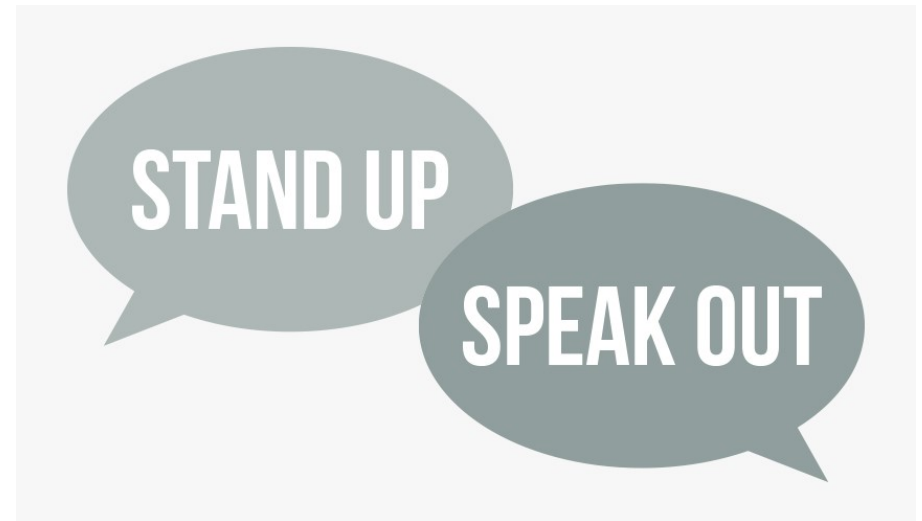
- Was anything the same?
- What was different?
- What does this activity tell us about ourselves?



# Self-Advocacy

Self-Advocacy:

- Know Yourself
- Know What You Need
- Know How to Get It



# Lived Experience Video

Shadia Hancock an Autism advocate talking about her experience.

<https://youtu.be/20VtVGeAu4s>



# Self-Advocacy

Self-advocacy is about standing up and speaking out for yourself.

Self-advocacy is important skill to learn because it:

- Prevents others from imposing on your rights
- Enables you to have your needs met



It's easier to self-advocate when:

1. You know your rights
2. You can communicate the issue effectively
3. You know where to get extra help when you need it





# Know your rights

We all have rights!

There are international laws, Australian laws and NT laws created to protect our rights.

They include specific laws designed to protect the rights of children and young people.



# United Nations Rights of the Child

## You have the Legal right to ...

Feel safe and supported.

Be treated with dignity & respect.

Say what you think should happen when adults are making decisions that affect you & have your opinion taken into account.

Be properly cared for and protected from abuse, neglect & violence.

Receive support & adjustments to enable you to access an education, employment & full participation in the community.

Have your privacy respected. ★

Receive and share information. ★

Think & believe what you want & to practice your religion, culture & language. ★

Good quality health care, nutritious food, sanitation & a safe environment.

Meet with other young people, join groups & organisations. ★

Have access to legal representation if you break the law & to be not be treated with cruelty.

Make a complaint & be supported by an advocate to help you protect your rights.

★ As long as this doesn't stop other people from enjoying their rights.

# You also have the right to...

Be uniquely YOU.



Make mistakes & not be perfect.

Say 'no' to demands you can't meet.

Change your mind.

Ask for what you want and need.

Say 'I don't know'.

Live by your own values and decide what your own priorities are.

Have your own need for personal space and time.

Not be responsible for the behaviour, actions, feelings or problems of others.

Feel the way you do and express your feelings – positive or negative.

Say 'no' to anything if you are not ready, if it feels unsafe or violates your values.

Expect honesty from others & feel upset or angry at people you love.

# Communication Styles

## Passive Communication

Puts other peoples needs ahead of their own.

## Aggressive Communication

Demands that their needs are put first.

## Passive-Aggressive Communication

Puts other people's needs first, then erupts.

Is the most effective way to have your needs met.

## Assertive Communication

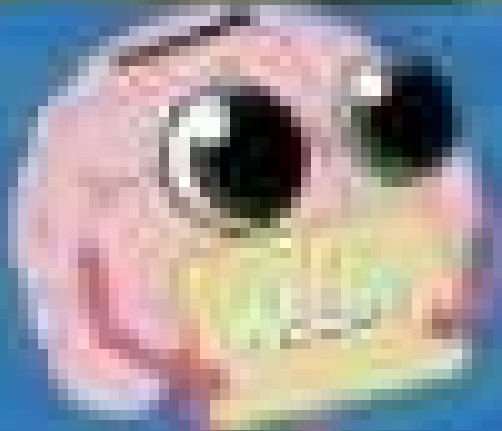
Seeks to negotiate based on both sets of needs.

Is a learned skill & takes practice but gets easier.

# Communication Styles

Youtuber 'How to ADHD' presents different communication styles and how to be assertive.

**WHY DOESN'T  
PEOPLE PLEASING  
WORK??**



# Things don't always go to plan!

Maybe you came up with an excellent plan to self-advocate and used great assertive communication skills.

But for whatever reason your needs weren't met or the person kept stepping on your rights.



# Time to get extra help

This might be when you decide to call in some extra help.

Remember, you have the right to:

1. Make a formal complaint - especially if its an organisation or service that impacted your rights.
2. Get the support of an advocate - someone you trust or an advocacy service.

Talking to an adult you trust is a good first step.





SNACK



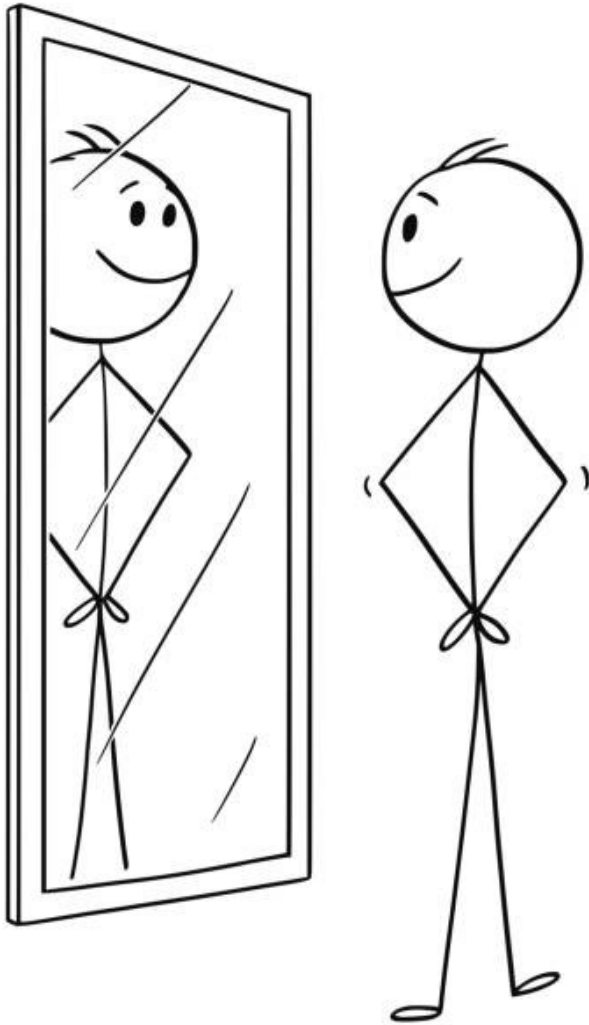
# Note of thanks

Write on the "note of thanks" for each person in our group.

Or simply choose a sticker to include and sign your name.

These will be laminated for each of you to take home as a "keep sake" from the program.





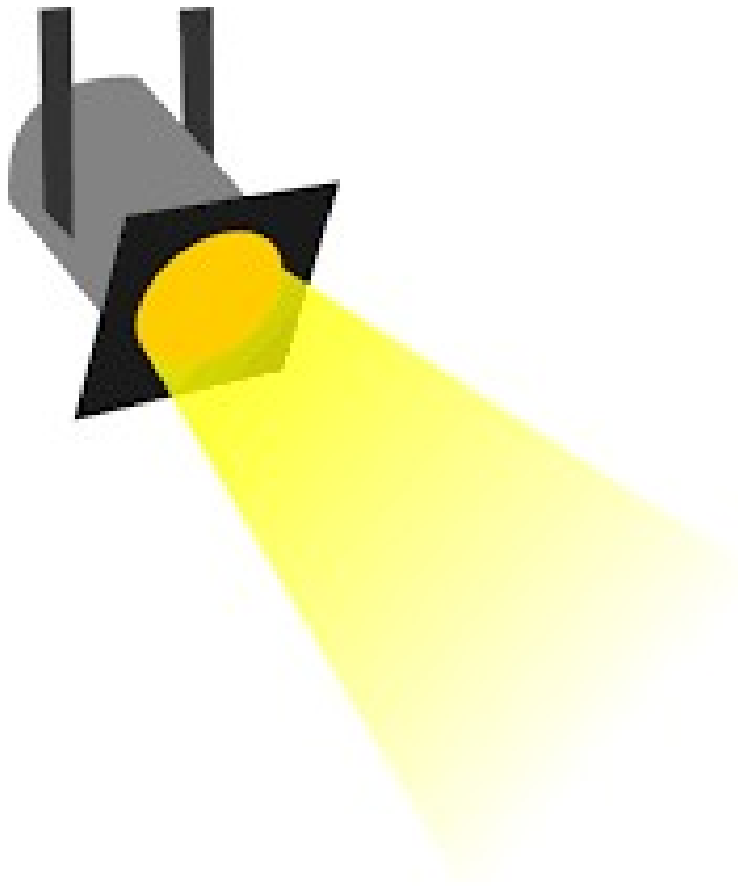
# Session Reflection

# Personal Medicine Live Auction

Reading a book



## Shining a Light on our strengths!



It can be difficult to identify your own strengths. A helpful way to think about your strengths, is to imagine how someone who knows you well and cares about you, would describe you.

Think of this, as you select 3 cards from the selection out the front.

# Lived Experience Video

Shadia Hancock an Autism advocate talking about her experience.

# Self-Advocacy

Self-advocacy is about standing up and speaking out for yourself.

Self-advocacy is important skill to learn because it:

- Prevents others from imposing on your rights
- Enables you to have your needs met



It's easier to self-advocate when:

1. You know your rights
2. You can communicate the issue effectively
3. You know where to get extra help when you need it



# United Nations Rights of the Child

## You have the Legal right to ...

Feel safe and supported.

Be treated with dignity & respect.

Say what you think should happen when adults are making decisions that affect you & have your opinion taken into account.

Be properly cared for and protected from abuse, neglect & violence.

Receive support & adjustments to enable you to access an education, employment & full participation in the community.

Have your privacy respected.

Receive and share information.

Think & believe what you want & to practice your religion, culture & language.

Good quality health care, nutritious food, sanitation & a safe environment.

Meet with other young people, join groups & organisations.

Have access to legal representation if you break the law & to be not be treated with cruelty.

Make a complaint & be supported by an advocate to help you protect your rights.

★ As long as this doesn't stop other people from enjoying their rights.



# Communication Styles

## Passive Communication

Puts other peoples needs ahead of their own.

## Aggressive Communication

Demands that their needs are put first.

## Passive-Aggressive Communication

Puts other people's needs first, then erupts.

Is the most effective way to have your needs met.

## Assertive Communication

Seeks to negotiate based on both sets of needs.

Is a learned skill & takes practice but gets easier.

# Communication Styles

Youtuber 'How to ADHD' presents different communication styles and how to be assertive.

Things we did  
every session ...

# Facilitators with Lived experience



Bronwen

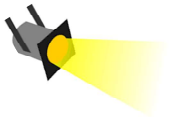
Noelene



# Overview of Session 4



1. Personal medicine Live auction



2. Shining a Light on our strengths



3. Video: Autism Advocate, Shadia Hancock



4. How to self-advocate



5. Know your rights & communicate them effectively



6. Expert review of the whole program



7. Graduation and celebration



Quiet  
Zone



# Fidgets & Sensory Items



Encouraged  
you to be  
creative  
while we did  
other things



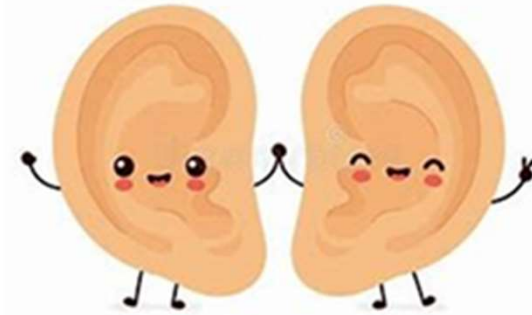


Right  
to Pass

We  
respected  
each  
others  
sensory  
needs

## We have lots of sensitive ears.

Some of us can be overwhelmed by sudden noises, loud noises, and crunchy scratchy noises.

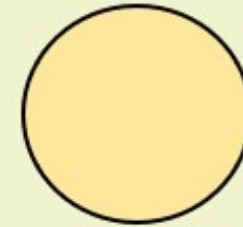


Please remember to:

1. Turn your phone to silent.
2. Do your hole punching at the 2 nominated hole punching stations.
3. Try not to bang objects around.
4. Prevent doors from slamming.
5. Remove food from crackly packaging in the kitchen.

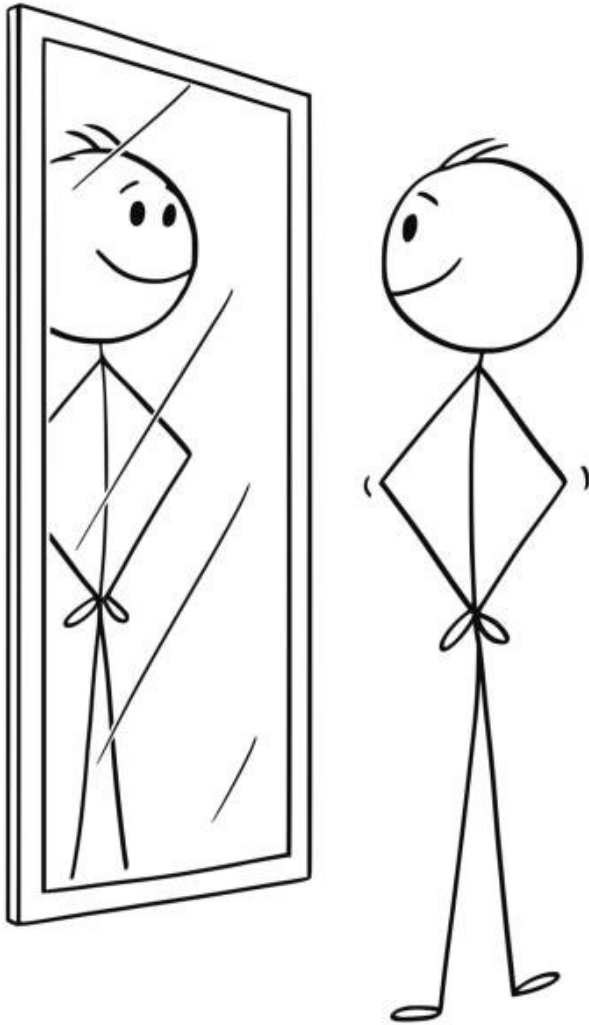
Thank you 😊

# Feelings check-in: How are you feeling?



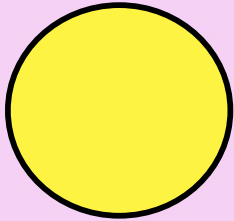
Draw your own  
or choose one  
from below.





# Session Reflections

(Literally this)



1. Draw an emoji which represents how you are feeling right now.



3. What is something we did today that you enjoyed?

2. Write down something fun you plan to do in the next week:



4. What is something new that you have learned?



5. What would you do differently if you were running the program?

# Graduation and Celebration

