

# What is Advocacy?



Advocacy is creating change by supporting individual, group, and/or population needs and rights.

## Types of Advocacy:

- Self-advocacy is standing up for and voicing your own rights and needs.
- Individual advocacy is supporting the rights and needs of one or a small group of individuals.
- Legislative advocacy is creating change to support the rights and needs of individuals through policies and laws.

## How Can I Advocate for My Child?

- Encourage person-first language in daily communication.
- Share information about Down syndrome on social media.
- Participate in events that support Down syndrome awareness.
- Participate in advocacy trainings and conferences.
- Support companies that are owned by or hire people with disabilities.
- Research legislation that could impact the Down syndrome community and connect with government officials.

## Advocacy Resources for Parents:

- National Down Syndrome Society.
- National Down Syndrome Congress.
- North Carolina Down Syndrome Alliance.
- Down Syndrome International.
- World Down Syndrome Day.
- National Disability Rights Network.

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