



ACTIVITY 3

ID.3.3.1. Self advocacy, social skills and roles

Module 3. Participation and engagement
of people with intellectual disabilities
at the community level.

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Summary

What we'll talk about.

- Know the concepts of self-advocacy, social skills, social roles, friendship.
- Know their contributions for community engagement and participation.

Self advocacy

The 3 main things to becoming an effective self advocate are:



- Knowing yourself.
- Knowing your needs.
- Knowing how to get what you need.

Social skills



Cooperating with others means working with other people in a friendly way with a common goal.

Social skills



Follow social rules.

Social norms are non-written rules.

They are norms about beliefs, attitudes and behaviours that are considered acceptable in a social group or culture.

Norms tell us how to behave in society.

Social skills



Following customs

A custom is a model of behaviour that people in a culture follow.

Shaking hands when meeting someone is a custom.

It's important to understand the actions of others.

Social skills



To respect the law is to follow your country's mandates or guidance of your country.

It's also to act in accordance with the law.

The law is the rules of life.

Social skills



Avoiding victimization

Takes precautions

not to treat you badly,unfairly,

not be violated against you.

Practical skills

The skills needed to perform the activities of daily living are:

- Feeding
- Bathing
- Dressing
- House keeping

Practical skills

Other skills needed to perform activities of daily living are:

- Use the telephone.
- Use the computer.
- Managing money.
- Professional skills.

Devices which help to be included in social life



Letter



Computer



Mobile phone

Social networks to be included in social life



Facebook



Twitter



Instagram





Rights and technologies,
united by citizen participation

THANK YOU
FOR YOUR ATTENTION