

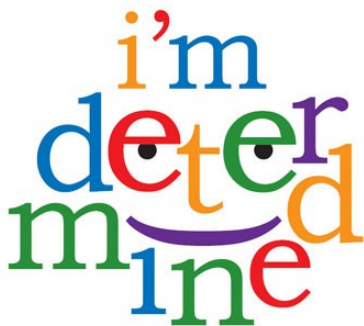
Self-determination Information

Tips to encourage self-determined behavior

- ✓ Encourage youth to make choices about everyday activities
- ✓ Encourage youth to set priorities
- ✓ Help youth identify strengths, interests and preferences
- ✓ Talk to youth about the process of setting goals, including the barriers they might encounter
- ✓ Educate yourself and youth about rights

How should I talk to youth about their disability?

- ✓ Focus on the youth not the disability; talk about the many unique gifts the youth brings to the class
- ✓ Having strong expectations of youth will influence their achievements
- ✓ Provide honest and specific feedback to youth; praise efforts and help them accept criticism when it is warranted
- ✓ Use person-first language and terms youth can understand
- ✓ Know that by having a frank discussion with youth you serve, you are modeling important self-determination skills



Virginia Department of Education's *I'm Determined*
Project:

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