

This *How To* sheet will show you how to make your own Self Advocacy Scrap Book.



1. What is a Scrap Book?

A Scrap Book is a fun way to tell *your life story* and your journey with self advocacy.



2. Why Make a Scrap Book?

Self Advocacy Scrapbooks are one way to:

- Tell people your story.
- Share the things you care about.
- Learn about other people in your group.
- Teach people about self advocacy.
- List the things you want changed.
- Have fun.





3. What Do I Need to Start?

To make a self advocacy scrap book you will need to:

- Buy a blank scrap book.
- Collect old and new **photos** about your life.
- Collect photos about self advocacy and your group.
- Find **personal** items such as movie tickets, birthday cards and awards.
- Use your **drawings, stories** and **artwork**.
- Buy stickers and lettering.
- Collect equipment such as scissors, glue, sticky tape, pens, textas, colored paper.

You can use all of these things to **tell your story**.



4. How to Make Scrap Book

STEP 1 The Front Cover

The first thing you can do is decorate your cover.

You can use anything you want stickers, drawings, photos, writing and more.



STEP 2 Introduce yourself

The first part of your book is all about you! It is the first page in the book so you might want to include:

- Your name.
- Your Self Advocacy Group.
- What you do.
- Skills you have.
- Your friends and family.
- Your interests.





STEP 3 About Your Life

The next part of the book is all about your life. You could include:

- Work you have done
- The things you love doing
- Self advocacy
- Achievements
- Hobbies and sport
- Holidays and travel



STEP 4 I Am a Self Advocate

This part of the book is about self advocacy. You could include:

- Information about self advocacy and your group.
- How long you have been a self advocate.
- Why you like self advocacy .
- Helping others.
- Speaking up.



STEP 5 I want Change!

In this part of the book you can make pages about the changes you want for people with a disability. Ideas include:

- Better jobs
- More public transport
- Good support workers
- Equal Rights
- More housing

Finally: Other Ideas

Here are some more ideas for your scrapbook:

- Funny things you say.
- Things that you love.
- Favorite music.
- Things people don't know about you.
- Your future dreams.

Scrapbooking is fun!
Give it a go!