



MYERS-DAVIS
LIFE COACHING &
DISABILITY SERVICES



Your Story Matters.

Everyone loves stories. Most people can relate to at least one thing in someone else's story. Stories can have a big impact on how a person thinks. That is how powerful a story can be.

This Storytelling Guide can help you create and share your own story.



What can you do with stories?

- ▶ You can change a person's opinion on a disability.
- ▶ You can share what your daily life looks like.
- ▶ You can ask people to support certain causes.
- ▶ You can encourage government officials to change laws.

What Are **Advocacy** Stories?

Your life story is a story of advocacy. An advocacy story uses personal experiences or examples to connect with other people on an emotional level. This connection can promote others to think differently and cause action.

What Makes a Good Story?

- ▶ Using easy-to-understand and direct words
- ▶ Having a clear message that is not too long
- ▶ Using a strong, confident voice
- ▶ Having beginning, middle, and end parts
- ▶ Starting off with a interesting thought to grab the person's attention



Ready To **Tell** Your Story?

You have your story in your head, and you are now ready to share it with the world. There are many different ways you can share the details of your story. We suggest trying some of the things listed below.



**Write it
Down.**



**Record
a Video.**



Act it Out.



**Speak
Loud.**



Make Art.



**Include
Photos.**

Tools to Help You Share Your Story

Sometimes we need a little extra help doing things. Telling your story may be something you need help with. Here is a list of tools courtesy of AbleLight.org:

Stepping Stones – This simple Apple app allows users to create visual guides or “paths” using their own photos, so as to make sense of daily routines and schedules or stories. This app is Free.

Stories About Me– An Apple iPad application designed specifically for people with IDD such as autism. The app allows users to create situational stories about themselves and share what they think and feel with others. This app is Free.

Boardmaker – This online tool lets you create talking books, behavior supports, schedules, rewards charts and much more. Boardmaker also allows you to download over 10,000 ready-made boards that other members have created.

Symbolstix – An online tool that uses lively, vibrant stick figures to depict activities and attitudes. The package consists of approximately 11,000 symbols and costs \$175.

Pinterest – This platform offers many boards containing templates and examples of Social Stories.

Your **Rights** When Storytelling

- 1** You have the right to **Privacy**. You can share only what you feel comfortable with. Also, you have the right to protect any person that you include in your story.
- 2** You have the right to **Consent**. If someone asks you to share your story, you can tell them yes or no. You have the right to understand any consent form that you are asked to sign.
- 3** You have the **Freedom to Share**. You can share your story however you like.
- 4** You have the right to **Ownership**. The experiences and details of your story belong to you, and you can control the sharing.
- 5** You have the right to **Charge** for sharing your story. You can ask anyone who is wanting to hear your story for a sum of money.



Thank You for Sharing Your Story.

Being willing to share makes a world of difference.

If you wish to continue your advocacy, consider thinking about: joining local or state advocacy groups and checking for opportunities to join your state's Council for Developmental Disabilities or Disability Rights organization.



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