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Training Youth Frequently Asked Questions

Q: What are the basics for youth to know about disabilities?

A: Provide them with a background on the history of disabilities, including impactful figures and events within the movement, progress over time, what it represents, and why it is important.

Q: How can we make training accessible?

A: If the training is in-person, provide chances for breaks and ensure the physical location is fully accessible. Also, provide a hybrid option that utilizes an accessible platform to increase flexibility which can further improve training for all participants.

Q: What are the foundations of a training process for self-advocacy?

A: Foundations include:

- Familiarity with their disability and associated needs
- How to build a plan related to their goals surrounding advocacy
- Sources of empowerment
- Identifying areas for improvement
- Comfortability with their disability and who they are including disclosing the disability and sharing ideas
- Laws related to disabilities such as disclosure in employment.

Q: Where can we find assistance for the training process?

A: Assistance on training can be located through local, regional, and national sources, including:

- Parent Training and Information center resources
- Disability-specific resources for individual and general disabilities
- NTACTION (National Transition Assistance Center on Transition the Collaborative)
- Other organizations that focus on youth engagement

Q: Should training only occur when youth start as advocates?

A: It is productive to have training available when youth start as advocates but also provide opportunities for training on a recurring basis to help the youth continue building skills and strengthening the sense of community within the group.

Q: What is the primary role of an adult during training?

A: To create roles for the youth, take a strength-based approach and consider interests to gradually increase their independence and develop leaders within the youth group, and aim for a balance in leadership between members and adults.

Q: How can an adult help family members be comfortable with training that is only for youth?

A: Provide separate trainings for parents occurring at the same time to foster a sense of engagement while supporting independence for the youth

