

## "Embracing Differences" Teen Self-Advocacy: Tackling Teasing & Bullying

A five part-workshop series for adolescents ages 13-17 on the spectrum and other developmental disabilities, who have been teased or bullied. The workshops are aimed at supporting self-advocacy, self-determination, and providing strategies for prevention of bullying or to stop continued victimization.



Workshop is vendedored by Lanterman Regional Center: Vendor# PD3625.

Workshop is for parents and teens. Teen can attend alone or with their parent. Contact your Regional Center Service Coordinator to inquire about this workshop.

**When:** Sundays, 1:00 pm to 3:00 pm (**NOTE NEW START DATE is SEPTEMBER 15, 2019** - see schedule below)

**Where:** 6 Westmoreland Place, Pasadena, CA 91103

**Register:** FAA at (818) 662-8847 or [info@foothillautism.org](mailto:info@foothillautism.org)

**Fee:** \$300.00 flat fee for the five part workshop (registration fee is the same whether the teen attends alone or with their parent)

### Workshop Sessions

September

15  
Sunday

#### Session 1: Elise's Story

Learn the experience of a teen on the spectrum as she shares her powerful story of pain,

resiliency and healing.

September

22  
Sunday

**Session 2: What is bullying and teasing?  
How can we tell if we're being bullied? What  
does it look like?**

Understand what bullying and teasing are and the various types. Learn what populations are more at risk and why.

September

29  
Sunday

**Session 3: What can happen as a result of  
bullying and/or teasing and what resources  
are available.**

Learn to recognize the signs of mental health symptoms and trauma. Understand what kind of help is available and where to access it.

October

6  
Sunday

**Session 4: What is self-determination and  
self-advocacy? Why are these skills  
important?**

Learn how to feel more empowered in your decision making and understand how others can help support you in feeling more confident.

October

13  
Sunday

**Session 5: Self-Advocacy  
Tips for parents and teens**

Parents and teens will learn how to effectively communicate with school when they feel unsafe. Parent and teens will learn how to use the IEP for self-advocacy goals.

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## Speakers

### Lina Rodas, MSW, ACW



Psychotherapist for the Behavioral Health Program in the Division of Adolescent and Young Adult Medicine at Children's Hospital Los Angeles. A program in partnership with the USC Center for Excellence in Developmental Disabilities and under the auspice of the Los Angeles County Department of Mental Health.

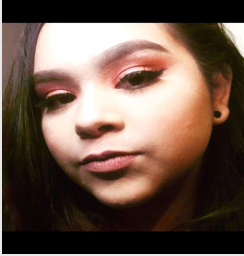
### Lisette Medina-Duarte

Education Advocate, Program Director at



NoTeDejes.com, and autism parent raising a teen and a young adult with special health needs and on the autism spectrum.

## Elisa Duarte



14-year old artist on the autism spectrum who aspires to work in the film industry as a special effects makeup artist.

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