

Calling Self-Advocates...

By: Steven Nguyen

The Riot Rocks (www.theriotrocks.org) is a website created by self-advocates, tailored for self-advocates with disabilities. Along with a variety of toolkits and resources, Riot Rocks offers training and technical assistance on several topics including:

- Self-Advocacy
- Self-Determination
- Leadership
- Planning a Presentation
- Giving a Presentation
- Evaluating State Service Systems
- Planning and Acting to Change Service Systems
- Setting Up Peer Support Networks
- Developing Health Friendships and Romantic Relationships
- Running a Successful Self-Advocacy Organization

Express Yourself Opportunities:

The Spotlight Studios section of the website celebrates artists with intellectual and developmental disabilities. It allows the artist to showcase their work and sell high-quality prints to earn income.

There are opportunities for writers, too! Upon submission and approval, writers can earn \$25.00 per article, for their work.

Newsletters:

Riot Rocks offers a free electronic newsletter that contains vibrant illustrations with informative and usable content. For folks that feel inclined, can submit love and relationship questions to a segment called "*Jack and Jill*" that would appear, anonymously, in a future newsletter.