



hi!

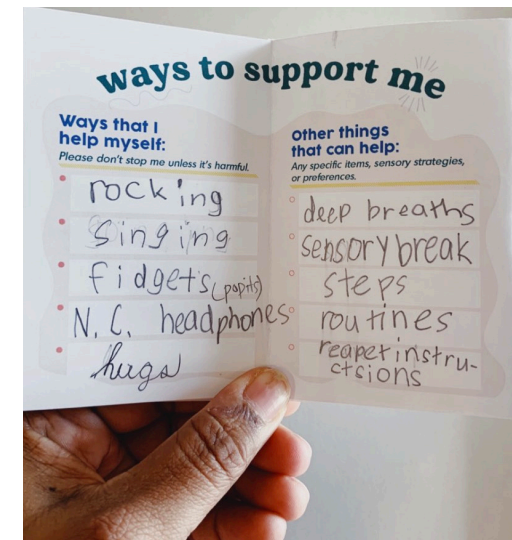


This is your very own AdvocAZine, a fun mini magazine for children to communicate & encourage self-advocacy. This tool was designed by 2 graphic design moms with their neurodivergent sons.

Fill out the following page to help communicate strengths & challenges.

Either by typing in the boxes in the fillable PDF, or print it & write in by hand. Fold the page using the directions on the last page. It's upside down on 1 side to properly fold, & has a spot for an optional photo on the front!

This is a living & evolving document, our hope is it grows along with you!



– jen white-johnson & chelsea bren

@JTKNOXROXS

@CHELSEAMARKETS

WWW.THEADVOCAZINE.COM

My challenges:
 Things that are harder for me, I avoid, or require accommodations for.

My dislikes:
 Things that I am averse to—including fears, sensory avoiders, my triggers, etc.

understand me

ways to support me

Ways that I help myself:

Please don't stop me unless it's harmful.

Other things that can help:

Any specific items, sensory strategies, or preferences.

HEALTH NOTES: Important medical things to know.

ALLERGIES/DIET/FOOD NOTES:

CARETAKER NAME / #:

Thank you for your support! 😊

EDUCATIONAL RESOURCE PROVIDED BY
 WWW.THEADVOCAZINE.COM



Some of my strengths & special interests.

THINGS I LOVE!



advocating for me!
 (short for magazine!)
 My quick background & how I prefer to interact (or communicate) with the world.



a ZINE all about me!



Hi! My name is



Assembly Guide!

1

OPEN IT!

Must use **Adobe Acrobat Reader**

[\(DOWNLOAD FREE HERE!\)](#)

2

FILL IT OUT!

Hover your mouse over a box to see a description. Add a picture to the smiley face box. Get input from the individual or others who know them!

Half of the page is upside down for folding purposes. Adobe Acrobat will automatically flip your text around. If it's easier to type seeing it right side up, you can rotate the page.

3

PRINT!

Regular 8.5" x 11" paper
Print at 100%

(Do NOT "resize to fit")

Print only page #1
(unless you want this guide to print, too!)

4

FOLD IT!

Follow directions below.



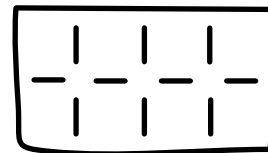
FOLD
(LIKE A HOT DOG!)



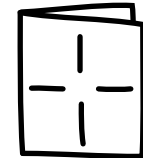
FOLD IN HALF



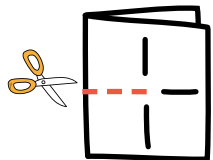
THEN AGAIN



UNFOLD

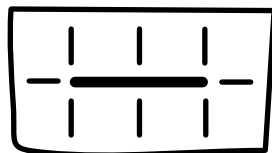


FOLD OTHER WAY
(HAMBURGER!)



CUT MIDDLE

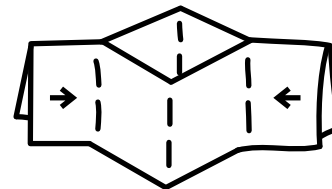
CUT ON THE SEAM SIDE, TO
ONLY HALFWAY IN (1 PANEL)



UNFOLD



FOLD LIKE THIS
(HOT DOG!)



SQUEEZE!
PUSH SIDES IN & FINISH FOLD!



DONE!

5

ADVOCATE!

Pass it out! Bring to an open house. Practice introducing themselves while handing it over. Share it with professionals, family, & friends! Then repeat steps 1-5 as needed!

the
advoca
zine