



## Being Determined

A PEATC

Do You Know

Factsheet for Virginia's  
Youth brought to you by  
Virginia's Youth

Special thanks to the members of  
PEATC's Youth Advisory Board  
for their expertise!

“Success means having the  
courage, the determination,  
and the will to become the  
person you believe you  
were meant to be.”

- George A. Sheehan

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# *Be Determined to be the Best You*

## Youth Factsheet

When someone is Self-Determined it means that they have identified the type of person they want to be and how they want people to see them. More importantly, they have chosen what steps they need to take and what supports they need in order to reach their goals. Becoming Self-Determined isn't always something that can happen overnight. You may hit some bumps in the road or find hurdles that you have to jump, but those bumps and hurdles do not have to prohibit you from getting to the finish line.

### *Ways to become more Self-Determined:*

**Own your disability.** Understand that you are unique and learn ways to explain your disability to others.

**Set goals and find people to help you reach your goals.** Figure out what you want to achieve and then determine who can help you along the way. It may be a parent, teacher, or even a friend.

**Don't be afraid to ask questions or to ask for help.** No one can do everything on their own, we all need help sometimes.

**Believe in yourself.** Be your biggest fan! People will feed off of your confidence.

**Be strong, but don't be afraid to show your weakness.** Understand your strengths, but be aware of areas you may need more support in.

**Work hard but don't forget to play sometimes too.** We all know hard work pays off, but don't forget to make time for your hobbies and friends.

**Step out of your comfort zone and try new things.** New experiences can be scary, but you'll never know if you like something until you try it. You may learn that you are really good at a new activity.

**Find people to share your gifts with.** Becoming a self-advocate is a process. It can be helpful when you find others who benefit from your skills.

**If at first you don't succeed, try again! Never give up!!**



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