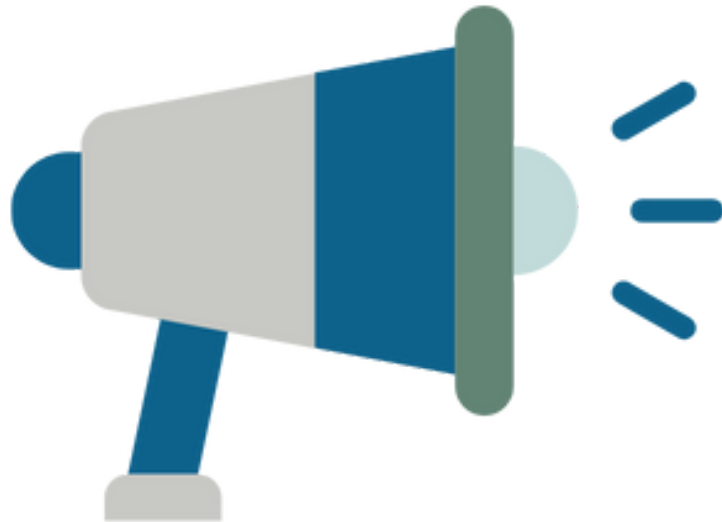


# **Self-Advocacy Skill Guide: Making a Partial Disclosure**



## **What is a “partial disclosure”?**

Giving only the needed information for the situation.

## **What are some examples of when a “partial disclosure” is helpful?**



### **When:**

- Sharing the name of your disability is too much information for the situation.
- You think you may be treated unfairly if you share your disability.
- You want to speak up for yourself in an informal situation.

## How do you make a “partial disclosure”?

Step 1. Describe your behavior.

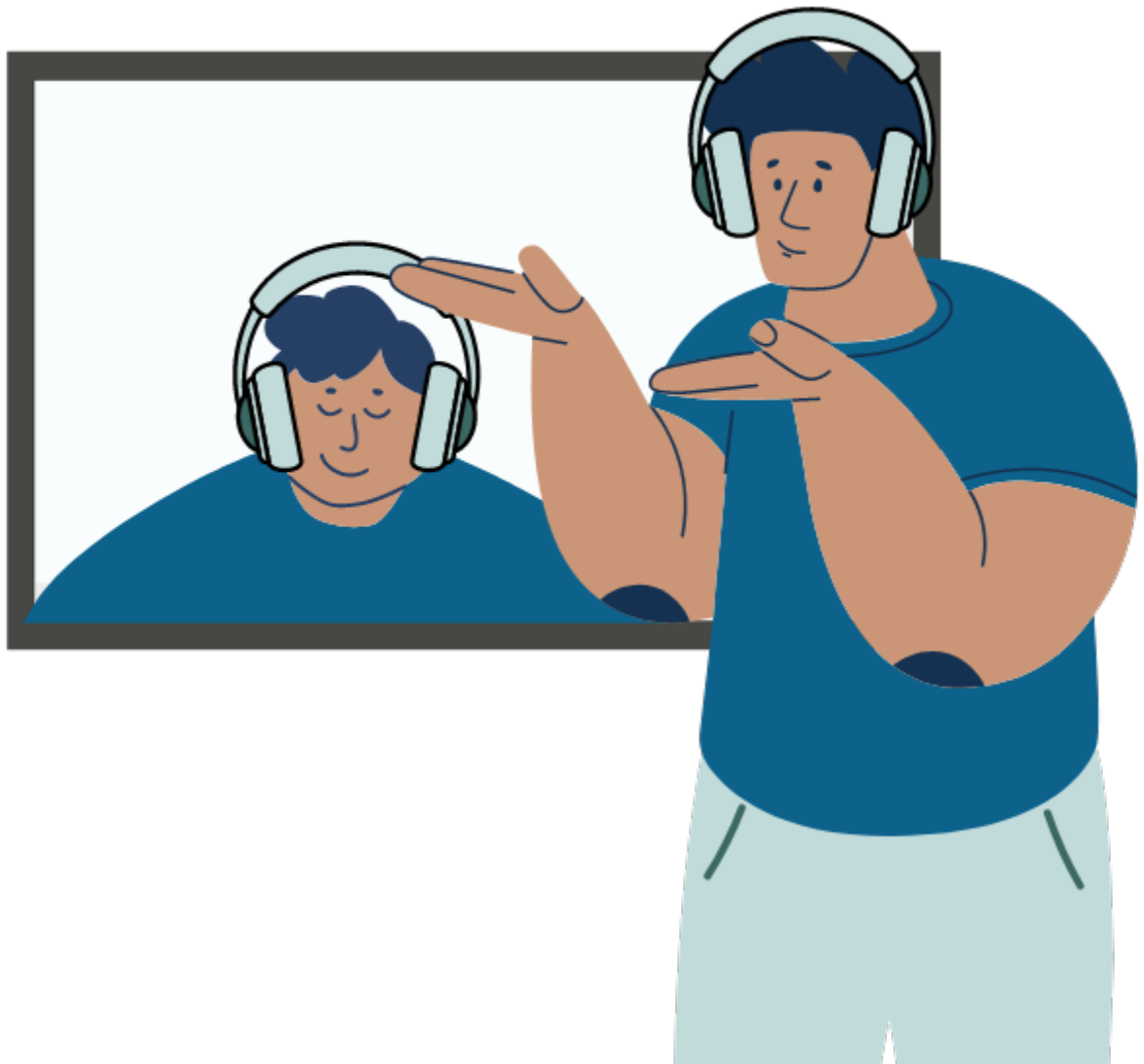
Step 2. Explain the reason behind your behavior.

Step 3. Ask for what you need.



Step 1. Describe the behavior.

Example: I wear noise-reducing headphones.



## Step 2. Explain the reason behind the behavior.

Example: I can't focus with the background noise.



### **Step 3. Request what you need.**

Example: I need to wear noise-reducing headphones because I am more productive this way.



## **Do you always need to use all three steps when making a “partial disclosure”?**

No, you may not need to use all three steps when giving a “partial disclosure.”

You can choose which steps to use.



This example shows what a “partial disclosure” may look like with every step.

<b>Step 1: Describe the Behavior</b>	<b>Step 2: Explain the Why of Your Behavior</b>	<b>Step 3: Ask What You Need</b>
<p><b>Example 1, step 1:</b></p> <p>My support person may ask you to look at me when speaking to me.</p>	<p><b>Example 1, step 2:</b></p> <p>I understand you and feel uncomfortable when you look at my support person when talking to me.</p>	<p><b>Example 1, step 3:</b></p> <p>When you are speaking to me, I need you to talk to me directly.</p>



This example shows what a “partial disclosure” may look like when a step is skipped.

<b>Step 1: Describe the Behavior</b>	<b>Step 2: Explain the Why of Your Behavior</b>	<b>Step 3: Ask What You Need</b>
<p><b>Example 1, step 1:</b></p> <p>This step is skipped to fit the situation.</p>	<p><b>Example 1, step 2:</b></p> <p>This step is skipped to fit the situation.</p>	<p><b>Example 1, step 3:</b></p> <p>When you are speaking to me, I need you to talk to me directly.</p>

**When making a “partial disclosure”  
try to think of :**

- Who you are talking to
- The situation
- Where you are

**When making a partial disclosure  
change your wording as needed for:**

- Who you are talking to
- The situation
- Where you are



**You can use this page to practice making a “partial disclosure”.**

<b>Step 1 Describe the Behavior:</b>	<b>Step 2: Explain the Why of Your Behavior</b>	<b>Step 3: Ask What You Need</b>
<b>Fill in step 1:</b>	<b>Fill in step 2:</b>	<b>Fill in step 3:</b>

*Content for this resource is provided by DRTx Self-Advocate Intern Larissa Minner of the University of Texas ACT-LEND Practicum Program and is based on her research as well as her professional and personal experience. This handout is not intended to and does not replace an attorney's advice or assistance based on your particular situation.*

