



Voices of the future: Empowering youth through a self-determined approach

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**Question:
*Do we want our
children to be
compliant...
or capable?***

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Learned Helplessness is an epidemic.



But OT practitioners are uniquely positioned to reverse it. Because our work is not only about function.

It's about self-determination—the belief that “I can choose, I can try, I can influence my own life.”

Research shows that self-determination is one of the strongest predictors of positive long-term outcomes for individuals with disabilities.

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The Self Determination Strategies Toolkit



Self-determination is defined as the attitudes and abilities required to act as the primary causal agent in one's life and to make choices free from external influence. Research has demonstrated that children who are taught these concepts show significant improvements at school, at home, and as they transition to adulthood.

The "Self-Determination Strategies Toolkit" provides simple actions we can take to transform children's attitudes from helpless to confident.

- 10 easy-to-use strategies to be implemented during sessions.
- Each strategy is evidence-informed.
- Impacts children's motivation and participation as well as confidence of practitioners.

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Scan for detailed instructions on how to use the strategies.

