

# **UNDERSTANDING YOURSELF AS A YOUTH WITH DISABILITIES**

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# Introduction



# Introduction

1. ADD Young Leaders Programme
2. Growing up with a Disability
3. What you need to know as Youth with Disability
4. Self-esteem
5. Next steps



*I too can  
be a Leader*



# What are we trying to do with youth with Disabilities

## Youth the Future of Disability Movement

- Recognized that YWDs are not part of the mainstream youth movement
- Noted that Leadership is not only taught at school but through experience
- The majority of the leadership program fall short of Inclusion Youth with Disabilities
- ADD envisions a world in which young persons with Disabilities are empowered, mentored, coached, and supported to achieve Leadership potential for years to come.
- This includes providing young Persons with Disabilities with the tools they need to effect change globally and locally — speaking on the world stage and acting in the OPDs and mainstream society.

# What do you see?



# Growing up with an Impairment



# Growing up with an Impairment

## 1. Given names

- Suffered Polio at the age of 5 years
- Was carried to school by my sister
- Completed university
- Got a Job and was required to ride a motorcycle

## 2. Learning

- With an impairment, expect challenges, we are challenged
- We need to challenge the notion that we cannot make it
- This programme is for us regardless of the impairment





# Growing up with an Impairment

## 3. Learning

- The beginning of my career was very tough; I had many bad moments. Society was telling me that I was not able
- These words gave me the power to study even harder to achieve my goals. Today, I am very happy where I am.”
- The importance of perseverance, continuous self-improvement, a support system, and mentorship as crucial factors for personal and success.

# **what you need to know as a Youth With Disability**



## What you need to Know

1. Having an impairment is a reality, important you accept yourself
2. The world has put in place several enabling legal environments to support Persons with Disabilities
3. society regardless of your impairment requires you to meet certain expectations for instance to cloth, to have shelter, money, to buy pads, etc etc.
4. While at college, we are not taught the basic life skills, and yet we find society to inclusive at all
5. Seize every opportunity to learn, network and support each other



## What you need to Know

6. Rights are not food, but a means to address our survival
7. At the end of the online sessions, we should have worked together, and at least 60% would be with connections and contacts.
8. Society regardless of your impairment requires you to meet certain expectations for instance to cloth, to have shelter, money, to buy pads, etc etc.
9. While at college, we are not taught the basic life skills, and yet we find society to inclusive at all



## What you need to Know

1. The team members will be working with you to mentor, coach and guide you.
2. Open up, Open Up





# IDENTITY

- Self plays a significant role in the formation of identity
- Today as a Youth with a disability you have the capability of constructing a self-identity not constituted in impairment but rather independent of it, and of accepting impairment as a reality that you live with without losing a sense of self.
- Disability can be seen as a barrier to the participation of youth with impairments arising from an interaction of the impairment with discriminatory attitudes, cultures, policies, or institutional practices.
- I urge you to sideline your impairment and formulate self-identity based on what you are able to do and seize every opportunity for transformational growth.



# IDENTITY

- See yourself as a person first and disability as just one of the characteristics in your personality, then change starts to take shape. The "**self**"
- Developing a strong self-identity and a positive self-concept empowers you to such an extent that fighting for rights emanates from a clear understanding of the self, first as a person and second as a person with a disability.





## TAKE AWAY

- *Take these sessions with the respect it deserves.*
- *We have several months for online sessions.*
- *We are creating a platform to share opportunities*
- *We can achieve great things together*
- *We want you to be role model for young persons with disabilities*



## TAKE AWAY

- *“I hope this inspiring session will serve as a guiding light to you, encouraging you to pursue your dreams and make even more meaningful contributions to your communities”*



# Impact of the project

- *Co-create a series of advocacy campaigns, led by young disabled people in East Africa, that advance the rights of disabled people in East Africa.*
- *Co-create a suite of impactful, outward-facing resources that can be used by a range of disability stakeholders beyond the life of the project.*
- *Create sustainable links between academics, young disabled advocates, and the existing youth, disability, and advocacy networks of project partners.*



Thank you !!!