



**ADVOCATING
FOR YOURSELF**



SELF-ADVOCACY

- **What is it and why does it matter?**
 - The ability to stand up for yourself and say what you feel.
 - Understanding YOUR specific needs.
 - Knowing what works for YOU.
 - Communicating YOUR needs.
 - We use self-advocacy when we need something that helps us succeed.



BENEFITS OF SELF-ADVOCACY

- There are several reasons why self-advocacy is a great skill to build and so many can be specific to the person and/or situation.
- By building self-advocacy skills, you will benefit in:
 - **Problem solving-** a skill that allows you to keep going when something is not correct. Think about when you lose a pair of shoes and you need to wear them- you begin thinking of the last place you had them and keep looking from there. This is an example of problem solving.
 - **Ownership of self-** a skill that allows people to understand themselves and feel like they have control over their life. Think about when you are given the option between throwing your gum away or throwing it on the ground- you know throwing it on the ground is wrong and you should not do it, so you throw it away into the trashcan.
 - **Confidence-** a skill that allows people to be sure of what they are saying or believing.
 - **Leadership-** a skill that allows people to act as an example for others who want to follow in their footsteps.



COMMUNICATING YOUR NEEDS

- Say exactly what you need
 - Don't be afraid to ask for help!
 - Identify an adult that you know you can rely on to help you access your needs.



HOW TO ADVOCATE FOR YOURSELF

- When you are absent from school, how can you advocate for yourself?
 - Making sure you speak up and ask your teachers for any missing work and the deadlines for turning that work in.
 - If you have a planned absence, make sure to self-advocate and check in with your teachers prior to leaving to collect the work you will be missing.
 - Contact an adult that you trust if you have any questions or concerns.



TURN TO A NEIGHBOR AND DISCUSS

- When was there a time that you needed something to help you succeed, but you were not receiving it?
- Did you advocate for yourself?
- Think about...
 - Situations with friends, school, family, extracurricular activities, etc.



ACTIVITY

- Think of some examples of how you can show **responsibility** and advocate for yourself in the future. Write them down in your notebook and turn to a partner in class to collaborate ideas.
- I will advocate for myself when I am absent from class by...
- If I am unsure about an assignment in class, I can advocate for myself by...
- If I am experiencing an issue with a friend, I can advocate for myself by...
- I can advocate for my needs outside of school by...