

Self Advocacy

Go For Your Goals, Module 5



AGENDA



1. Brainstorm: Do you think it's easier to ask for help for yourself or for others? Why?



2. Activity: Working independently or in pairs/small groups, work on the 2 scenarios provided, applying what we covered today.



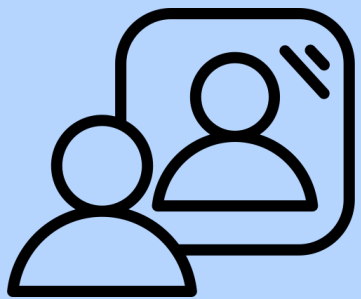
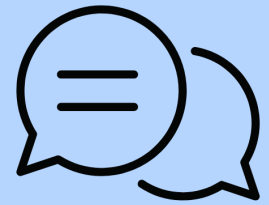
3. Reflect: Think of an example of a time when you didn't self-advocate. What stopped you? Now that you have the skills to advocate for yourself, what other things might stand in your way and how could you deal with them? Are there other strategies we've discussed that might help?



BRAINSTORM



Do you think it's easier to ask for help for yourself or for others? Why?

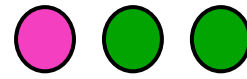
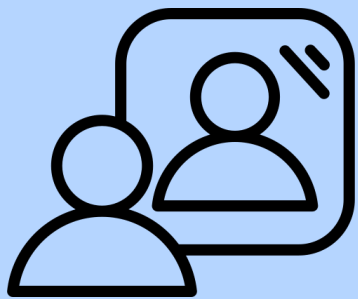
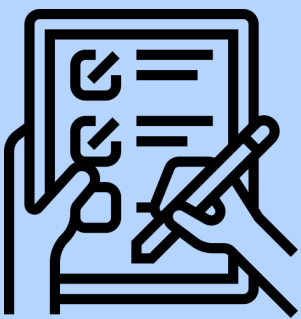
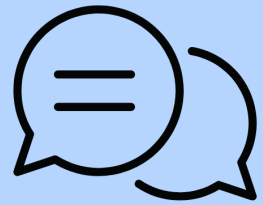


DISCUSS

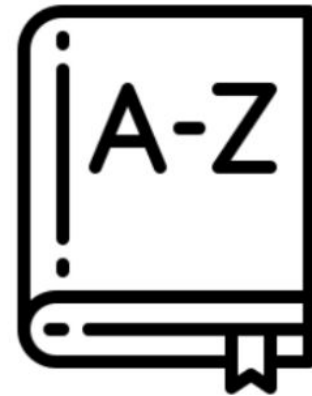


Share your responses from the Brainstorming section.

It's not uncommon to find it easier to ask for help for others instead of advocating for our own needs.



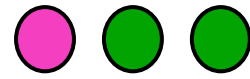
DIVE IN



Advocacy

When you ask for help for yourself or for someone or something, it is called **advocacy**.

When you speak or act in support of yourself it is called **self-advocacy**.



DIVE IN



Step 1 - Know exactly what you are asking for. Be precise and be prepared to explain why you are asking.

Step 2 - Identify who can help you. Is it your teacher? A family member? Your boss? Someone else? It doesn't make sense to ask someone for help if they aren't in a position to help you.


Step 3 - Decide what you should say. Remember that you're asking for help, so be polite and prepared. It might help to write it down first or role play with a friend before you ask.



ACTIVITY



Working independently or in pairs/small groups, work on the 2 scenarios applying what we covered today.

 **High School**

Worksheet

Name: _____ Date: _____

Self-Advocacy

Scenario 1: There's a big music festival coming up, and you really want to go.

- What are you asking for?
- Who should you talk to?
- What should you say?

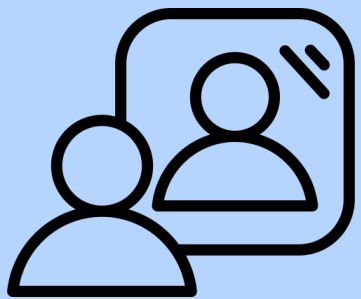
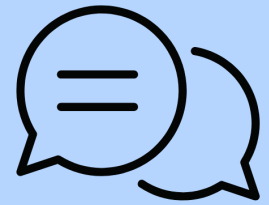
Scenario 2: Last month, you asked for a day off at work, but notice that you're still on the schedule to work that day.

- What are you asking for?
- Who should you talk to?
- What should you say?

Scenario 3: Your school is taking part in a student exchange program and you've always wanted to travel.

- What are you asking for?
- Who should you talk to?
- What should you say?

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REFLECT



Think of an example of a time when you didn't self-advocate. What stopped you? Now that you have the skills to advocate for yourself, what other things might stand in your way and how could you deal with them? Are there other strategies we've discussed that might help?

Home Connection



Home Connection

Self Advocacy

Dear _____,

Today in class, we learned that when you ask for help for yourself or for someone or something, it is called **advocacy**. It is called self-advocacy when you speak or act in support of yourself. To self-advocate effectively, we discussed using these three steps:

1. **Know exactly what you are asking for.** Be precise and be prepared to explain why you are asking.
2. **Identify who can help you.** Is it your teacher? A family member? Your boss? The school counselor? Someone else? It doesn't make sense to ask someone for help if they aren't in a position to help you.
3. **Decide what you should say.** Remember that you're asking for help, so be polite and prepared. It might help to write it down first or role-play with a friend before you ask.

Please encourage your student to share the skills of effective self-advocacy and how a family member might have or could apply these skills toward asking for help.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on your ability to self-advocate. Are you satisfied or is this an area that you'd like to improve?





Further Study

- Edutopia, *Teaching Students to Self-Advocate During Distance Learning*:
www.edutopia.org/article/teaching-students-self-advocate-during-distance-learning
- NY Times, *How to Stand Up for Yourself*:
<https://www.nytimes.com/guides/year-of-living-better/how-to-stand-up-for-yourself>
- Understood, *6 Tips for Helping Your High Schooler Self-Advocate*:
www.understood.org/articles/en/6-tips-for-helping-your-high-schooler-learn-to-self-advocate
- Zarrow Center for Learning Enrichment (University of Oklahoma): *Lessons for Teaching Self-Awareness and Self-Advocacy*:
www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy





Lesson Complete!

