



Home Connection

Self Advocacy

Dear _____,

I wanted to share with you what your student has been learning about the importance of self-advocacy. In today's lesson, we discussed how self-advocacy means speaking or acting in support of oneself. As students grow older and transition into adulthood, they will need to take a more active role in their lives and be able to speak up for what they need.

We emphasized that self-advocacy should be done assertively, which means expressing oneself while being respectful of others. It can be as simple as asking for clarification on something confusing or requesting a different seating arrangement to minimize distractions. To self-advocate effectively, students need to follow three steps:

1. Know precisely what they are asking for and be prepared to explain why.
2. Identify who can help them—a teacher, family member, boss, or school counselor.
3. Decide what to say, ensuring they are polite and prepared.

We also discussed the importance of having a plan if the person they ask cannot help. This might involve considering alternative ways to ask for help, asking for something different, or approaching someone else.

To continue this conversation at home, please ask your student: "Can you give an example of when you needed to self-advocate and how you handled it?" This can be a great opportunity to discuss the importance of self-advocacy and share personal experiences.

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

Best,
