



Self-Advocacy



Relationships, Module 4




AGENDA



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

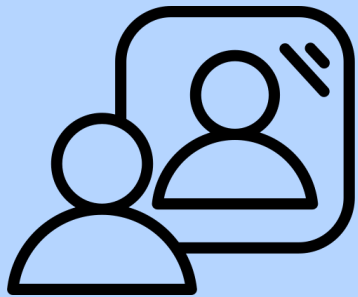


2. Activity: Working independently or in pairs/small groups, work on the 2 scenarios provided, applying what we covered today.



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?

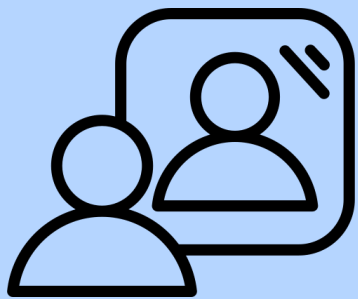
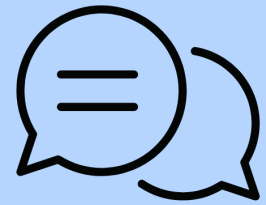




BRAINSTORM



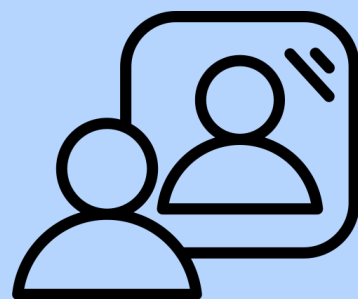
Do you think it's easier to ask for help for yourself or for others? Why?



DISCUSS



It's not uncommon to find it easier to ask for help for others instead of advocating for our own needs. Can you share examples of when students have advocated for themselves or someone else?



DIVE IN

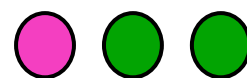


Advocacy

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**.

We usually hear about advocacy when we are talking about someone who is being treated unfairly, or someone who may be in a position that puts them at risk for being treated unfairly. There are laws that protect people from being denied access to basic rights and laws that protect people from being denied certain rights based on their race, age, nationality, language, religion, sex, or ability. Advocacy is important because everyone should be able to access what they need. For example, if someone with a wheelchair did not have access to a building, this would be unfair treatment, and that person would need to self-advocate or have someone else step in and advocate for them.



DIVE IN



What does self-advocacy look like?

It should be done in an assertive manner.

Being assertive is being able to express yourself while being respectful of others at the same time.

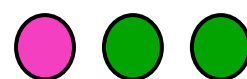
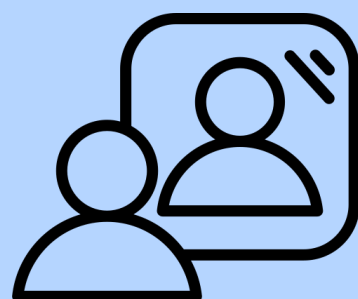
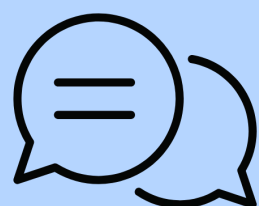
It doesn't have to be complicated.

It can be as simple as asking someone to explain something that you don't understand, or asking a clarifying question about something that is confusing to you.

It is taking an active role in your life.

It can be asking to move your seat away from the window if you are getting distracted.

It can be asking if it's OK to stand while you listen to the lesson because that's what your body needs.



DIVE IN



3 Steps to Self-Advocacy

Step 1

Know exactly what you are asking for.

Be precise and be prepared to explain why you are asking.

Step 2

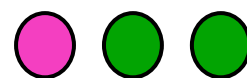
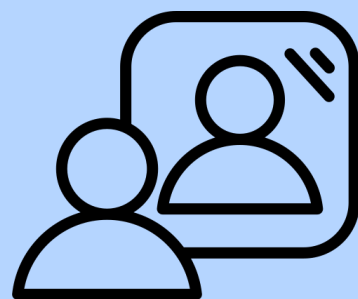
Identify who can help you.

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.



Worksheet

Name: _____

Date: _____

Self-Advocacy

Scenario 1: You finally save up enough money to buy wireless earbuds. The package arrives in the mail and it's been damaged and your earbuds are nowhere to be found.

→ What are you asking for?

→ Who should you talk to?

→ What should you say?

Scenario 2: You notice that you got a lower grade than your friend on a project that you worked really hard on together.

→ What are you asking for?

→ Who should you talk to?

→ What should you say?

Scenario 3: Your school is offering driver's ed and you'd really like to get your learner's permit.

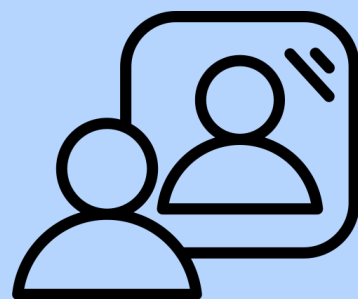
→ What are you asking for?

→ Who should you talk to?

→ What should you say?

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?

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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

Self-Advocacy

Dear _____,

Today in class, we learned that when you speak or act in support of yourself it is called **self-advocacy**. We usually hear about advocacy when we are talking about someone who is being treated unfairly or someone who may be in a position that puts them at risk for being treated unfairly. We learned three steps to self-advocate effectively:

- 1. **Know precisely what you are asking for.** Be precise and be prepared to explain why you are requesting.
- 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.
- 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 self-advocate using these strategies.

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

Best,



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

For 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!

