



# Advocacy for Self Grades 6-8

## Language of Health Literacy:

An obstacle I am experiencing is \_\_\_\_.

I sometimes struggle with \_\_\_\_.

I need \_\_\_\_ to (overcome/address) \_\_\_\_.

To help me with \_\_\_\_, I need \_\_\_\_.

To overcome \_\_\_\_, I must advocate for \_\_\_\_ because \_\_\_\_.

I know I am advocating for the right thing because \_\_\_\_.

### Step 1

I can advocate to \_\_\_\_ for \_\_\_\_ because \_\_\_\_.

I will go to \_\_\_\_, so I can advocate for \_\_\_\_ because \_\_\_\_.

To get help from \_\_\_\_, I will \_\_\_\_.

To get \_\_\_\_'s attention, I will \_\_\_\_.

\_\_\_\_ is an appropriate way to get the attention of \_\_\_\_ because \_\_\_\_.

### Step 2

The problem I have is \_\_\_\_.

I need \_\_\_\_.

Can you \_\_\_\_?

I understand you can \_\_\_\_, but not \_\_\_\_.

I understand that you can't \_\_\_\_. Do you know someone who can help me with that?

### Step 3



## Step 1: Process the Situation

### Sub Skills:

- Identify the obstacle/challenge
- Determine need(s)
- Decide if the situation requires self-advocacy



## Step 2: Seek Attention

### Sub Skills:

- Name helpful individuals
- Use appropriate strategies to seek attention
  - Approach in-person
  - Ask if it is the right time
  - Call
  - Write a note, email, or text
  - Use non-verbal communication



## Step 3: Ask for What I Need

### Sub Skills:

- Ask for what you need
  - State the challenge/obstacle
  - State the need
  - Make a request
- Negotiate next steps



## Step 4: Reflect

### Sub Skills:

- What was the challenge/obstacle?
- How did I know the situation required self-advocacy?
- Who did I go to for help? Why?
- How did I seek attention? Why?
- How do I communicate my needs?
- Were my needs met? Why or why not?