



Teaching Progression:



Step 4: Reflect

REFLECTION QUESTION(S):

- 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?

GUIDING QUESTIONS:

What do I want to remember for next time I need to advocate for myself?

NHES PERFORMANCE INDICATORS:

(8.8.1) State a health-enhancing position on a topic and support it with accurate information.

VALUABLE VOCABULARY:

*advocate,
challenge,
overcome,
support*



SUGGESTED LEARNING ACTIVITY 1:

Ask students questions that will help them understand the importance of looking back on the help they received from self-advocacy and what they learned. For example ask the following questions:

- 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?

TEACHING NOTES:

- Model this reflection process by sharing with students a time when you needed to advocate for your own health.
- Provide multiple opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: writing, partner discussion, whole-class discussion, and one-on-one conferencing.