



## Teaching Progression:

### **Step 3: Ask For What I Need**

#### GUIDING QUESTIONS:

How do I advocate for my needs? Why is it important to directly ask for what I need?

#### NHES PERFORMANCE INDICATORS:

(8.5.1) Express opinions and give accurate information about health issues.

#### VALUABLE VOCABULARY:

*ask, problem,  
directly, clearly,  
support*



#### SUGGESTED LEARNING ACTIVITY 1:

Explain to students that once they know who they will approach and which strategy for getting attention they will use, they must ask for support. Tell students that when advocating for their needs they must state the problem, say what is needed, and ask for support. Share with students that using these components prompts them to create an advocacy statement.

#### Language of Health Literacy:

*My problem is \_\_\_\_\_.*

*I need \_\_\_\_\_.*

*Can you help me \_\_\_\_\_?*

Provide students with 3-5 examples of advocacy statements. In the statements, have some statements include all three components and others that are missing components. Ask students to discuss what happens if parts are missing. For example, what happens if we just state our problem and our need without asking directly for help?

Once students discuss the impact of the missing parts, instruct students to edit each statement to make sure it has all three components.

#### TEACHING NOTES:

- Advocacy Statement Example: My problem is that I haven't finished my quiz. I need more time. Can you help me by giving me more time to complete the quiz?



#### SUGGESTED LEARNING ACTIVITY 2:

Have students revisit an earlier problem they were working to solve. Tell students to write an advocacy statement for the problem by using the three components: state the problem, say what is needed, and ask for support. Have students share their advocacy statements with a partner. Instruct students to edit each other's work if there are missing components to the advocacy statements.



See *Stage 1: Communication Techniques of Interpersonal Communication* for speaking strategies students can use when asking for help.