



Teaching Progression:



Step 4: Look Back & Learn

REFLECTION QUESTION(S):

- How did I know that someone needed help?
- Did I ask questions to better understand how to help?
- How did I decide on which action to take to support others?
- What would I do the same next time?
- What would I do differently next time?

VALUABLE VOCABULARY:

reflect, negative, positive, outcome

GUIDING QUESTIONS:

Why is it important to reflect after you have advocated for an issue? How do I become a better advocate?

NHES PERFORMANCE INDICATORS:

(8.5.2) Encourage others to make positive health choices.

Ask students questions that will help them understand the importance of looking back on the help they offered when advocating for others and what they learned. For example ask the following questions:

- How did I know that someone needed help?
- Did I ask questions to better understand how to help?
- How did I decide on which action to take to support others?
- What would I do the same next time?
- What would I do differently next time?

TEACHING NOTES:

- Model this reflection process by sharing with students a time when you needed to advocate for others.
- 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.