



Advocacy for Others

Grades 3-5

Language of Health Literacy:

I know ___ is struggling with ___ because ____.

___ is having a problem with ____. I know this because I can see ____.

I noticed you are struggling with ____. Can I help you?

It looks like you are having a problem with ____. Can I help?

You seem to be feeling ____. What is going on?

Step 1

What would be helpful right now?

How are you feeling about ____?

What do you think you need right now?

Who else can we ask for help?

Can I ask ___ (trusted adult) to help?

I can't help you with ____. I can help you do ____.

I hear you need ____. I can't do that. Can I help you some other way?

I can help you ____. Do you need any additional support?

I really think we should reach out to ___ to get support with this issue.

Step 2

I will ___ to help ____.

I need to ___ to best advocate for ____.

I need to get ___ to help with this issue.

Did that help you solve the problem?

I did ___ to help. Was that what you wanted?

Is there anything else that can be done to help with this issue?

Step 3



Step 1: Ask to Help

Sub Skills:

- Notice someone struggling with a problem
- Ask if help is needed



Step 2: Determine How to Help

Sub Skills:

- Ask questions to figure out how to help
- Talk about possible solutions to the problem
- Decide if help can be offered



Step 3: Take Action

Sub Skills:

- Follow through with actions
- Check in for feedback



Step 4: Look Back & Learn

Sub Skills:

- 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?