



Advocacy for Self Grades 9-12

Language of Health Literacy:

This challenge required advocacy because ____.

The possible outcomes in this situation are ____.

I struggle with ____, so I may need to advocate for ____.

I would handle this situation ____ (independently/with the help of someone) because ____.

To overcome ____, I must advocate for ____ because ____.

I will be able to handle ____ on my own, but I will need support with ____ because ____.

I know I am advocating for the right thing because ____.

Step 1

I should advocate for ____ from ____ because ____.

I know ____ can help me with this situation because they will be able to ____.

In order to advocate for ____ from ____, I will ____.

To get ____'s attention, I will ____.

When asking for support from ____, I should use ____ strategy because ____.

Step 2

I am having an issue with ____.

I need ____.

Can you ____?

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

I understand you can ____, but you can't ____. Who should I contact to help me with ____?

Step 3



Step 1: Process the Situation

Sub Skills:

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



Step 2: Seek Attention

Sub Skills:

- Identify individuals who can support
- Use appropriate strategies to ask for support
 - Approach in-person
 - Ask if it is the right time
 - Call
 - Write a note, email or text
 - Use appropriate non-verbal communication



Step 3: Ask for What I Need

Sub Skills:

- Ask for what is needed
 - 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 support? Why?
- How did I communicate my needs?
- Did I clearly communicate my needs using an appropriate method for the situation?