



## 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 support? Why?
- How did I communicate my needs?
- Did I clearly communicate my needs using an appropriate method for the situation?
- Were my needs met? Why or why not?

#### GUIDING QUESTIONS:

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

#### NHES PERFORMANCE INDICATORS:

(8.12.3) Work cooperatively as an advocate for improving personal, family, and community health. (8.12.4) Adapt health messages and communication techniques to a specific target audience.

#### VALUABLE VOCABULARY:

*reflection,  
needs,  
feelings,  
advocacy*



#### SUGGESTED LEARNING ACTIVITY:

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 support? Why?
- How did I communicate my needs?
- Did I clearly communicate my needs using an appropriate method for the situation?
- 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 health.
- Provide multiple opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: writtening, partner discussion, whole-class discussion, and one-on-one conferencing.