Language of Health Literacy:

An obstacle I am experiencing is ____.
I sometimes struggle with ____.
I need ____ to (overcome/address) ____.
To help me with ____ I need ____.
To overcome ____ I must advocate for ____ because ____.
I know I am advocating for the right thing because ____.

I can advocate to ____ for ____ because ____.
I will go to ____ so I can advocate for ____ because ____.
To get help from ____ I will ____.
To get ____'s attention I will ____.
____ is an appropriate way to get the attention of ____ because ____.

The problem I have is ____.
I need ____.
Can you ____?
I understand you can ____ but not ____.
I understand that you can't ____ Do you know someone who can help me with that?

Step 1: Process the Situation
Sub Skills:
- Identify the obstacle/challenge
- Determine need(s)
- Decide if the situation requires self-advocacy

Step 2: Seek Attention
Sub Skills:
- Name helpful individuals
- Use appropriate strategies to seek attention
  - Approach in-person
  - Ask if it is the right time
  - Call
  - Write a note, email, or text
  - Use non-verbal communication

Step 3: Ask for What I Need
Sub Skills:
- Ask for what you need
  - 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 attention? Why?
- How do I communicate my needs?
- Were my needs met? Why or why not?