**Advocacy for Self**
**Grades PreK-2**

**Language of Health Literacy:**

**Step 1: Figure Out the Problem**
- I am having trouble with _____. I need help.
- I can't do ____ on my own. I need help.
- I need help doing _____.

**Step 2: Get Attention of Help**
- ____ is a helper in my life.
- I think ____ is a good helper when I have a problem.
- ____ could help me with _____.
- ____ helps me _____.
- ____ helped me with _____.
- ____ is someone who could help me when _____.
- I would ____ to get attention from _____.

**Step 3: Ask for What I Need**
- My problem is _____.
- I need ___.
- Can you help me ____?