

Advocacy for Self Grades 3-5

Language of Health Literacy:

I notice the problem is ____.

I am struggling with ____.

I am having trouble with ____.

I need ____ to overcome ____.

____ will help me solve this problem because ____.

To help me with ____, I need ____.

My strengths in this situation are ____.

I am having trouble with ____ . I need help.

I can't do ____ on my own. I need help.

I need help doing ____.

Step 1

____ is a person who helps me when ____.

I go to ____ for help with ____.

____ could help me with ____.

I would ____ to get attention from ____.

If I were trying to get help from ____, I would use ____ strategy to ask for help.

The best strategy to get help from ____ is ____ because ____.

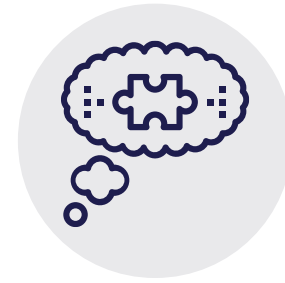
Step 2

My problem is ____.

I need ____.

Can you help me ____?

Step 3



Step 1: Figure Out the Problem

Sub Skills:

- Identify the problem
- Determine my need(s)
- Decide if the situation requires self-advocacy



Step 2: Get Attention of Helper

Sub Skills:

- Identify individuals who can help
- Choose an appropriate strategy to get support
 - 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:

- Say the problem
- Say what is needed
- Ask for support



Step 4: Look Back & Learn

Sub Skills:

- What was the problem?
- How did I know the situation required self-advocacy?
- Who did I go to for help? Why?
- How did I seek attention? Why?
- How did I communicate my needs?
- Were my needs met? Why or why not?