Advocacy for Self
Grades 3-5

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?