Advocacy for Others
Grades 3-5

Language of Health Literacy:
I know ____ is struggling with ____ because ____.
____ is having a problem with ____ I know this because I can see ____.
I noticed you are struggling with ____ Can I help you?
It looks like you are having a problem with ____ Can I help?
You seem to be feeling ____ What is going on?

What would be helpful right now?
How are you feeling about ____
What do you think you need right now?
Who else can we ask for help?
Can I ask ____ (trusted adult) to help?
I can't help you with ____ I can help you do ____
I hear you need ____ I can't do that. Can I help you some other way?
I can help you ____ Do you need any additional support?
I really think we should reach out to ____ to get support with this issue.

I will ____ to help ____.
I need to ____ to best advocate for ____.
I need to get ____ to help with this issue.
Did that help you solve the problem?
I did ____ to help. Was that what you wanted?
Is there anything else that can be done to help with this issue?

Step 1: Ask to Help
Sub Skills:
• Notice someone struggling with a problem
• Ask if help is needed

Step 2: Determine How to Help
Sub Skills:
• Ask questions to figure out how to help
• Talk about possible solutions to the problem
• Decide if help can be offered

Step 3: Take Action
Sub Skills:
• Follow through with actions
• Check in for feedback

Step 4: Look Back & Learn
Sub Skills:
• How did I know that someone needed help?
• Did I ask questions to better understand how to help?
• How did I decide on which action to take to support others?
• What would I do the same next time?
• What would I do differently next time?