**Step 4: Reflect**

**REFLECTION QUESTION(S):**
- 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 support? Why?
- How did I communicate my needs?
- Did I clearly communicate my needs using an appropriate method for the situation?
- Were my needs met? Why or why not?

**GUIDING QUESTIONS:**
What do I want to remember the next time I need to advocate for myself?

**NHES PERFORMANCE INDICATORS:**
(8.12.3) Work cooperatively as an advocate for improving personal, family, and community health. (8.12.4) Adapt health messages and communication techniques to a specific target audience.

**SUGGESTED LEARNING ACTIVITY:**
Ask students questions that will help them understand the importance of looking back on the help they received from self-advocacy and what they learned. For example ask the following questions:

- 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 support? Why?
- How did I communicate my needs?
- Did I clearly communicate my needs using an appropriate method for the situation?
- Were my needs met? Why or why not?

**TEACHING NOTES:**
- Model this reflection process by sharing with students a time when you needed to advocate for your health.
- Provide multiple opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: writing, partner discussion, whole-class discussion, and one-on-one conferencing.

**VALUABLE VOCABULARY:**
reflection, needs, feelings, advocacy