SELF ADVOCACY PRACTICE

PART 1: KNOWING MYSELF

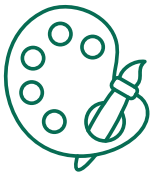
Directions: Circle the emojis that describe you best:



GOOD AT SPORTS



GOOD AT READING



CREATIVE



TECHY



FRIENDLY



MUSICAL



PROBLEM SOLVER

Write one more strength of your own:

Write one thing that is sometimes tricky for you:

RAISE

The RAISE Center is a project of the SPAN Parent Advocacy Network and is funded by the US Department of Education's Rehabilitation Service Administration. The contents of this resource were developed under a cooperative agreement with the US Department of Education (H235G200007)). However, the contents do not necessarily represent the policy of the Department of Education and should not assume endorsement by the federal government.

SELF ADVOCACY PRACTICE

PART 2: ROLE PLAY PRACTICE

Practice with a partner:
Take turns being the "student" and the "teacher."

- **"I need help with..."**
- **"Can you please explain that another way?"**
- **"I learn best when..."**
- **"I feel proud when..."**



Write one of your own self-advocacy sentences here:

RAISE

The RAISE Center is a project of the SPAN Parent Advocacy Network and is funded by the US Department of Education's Rehabilitation Service Administration. The contents of this resource were developed under a cooperative agreement with the US Department of Education (H235G200007)). However, the contents do not necessarily represent the policy of the Department of Education and should not assume endorsement by the federal government.

SELF ADVOCACY PRACTICE

PART 3: ASKING FOR HELP

Directions: Circle the people you can ask for help from:



YOUR TEACHER



YOUR FAMILY



YOUR FRIENDS



YOUR COUNSELOR



OTHER: _____

Draw a line to match the start of the sentence with the ending:

"Excuse me, I need...	•	• ...I can work with a partner."
"Could you please...	•	• ...explain the directions again."
"I learn my best when...	•	• ...more time on my work."

RAISE

The RAISE Center is a project of the SPAN Parent Advocacy Network and is funded by the US Department of Education's Rehabilitation Service Administration. The contents of this resource were developed under a cooperative agreement with the US Department of Education (H235G200007)). However, the contents do not necessarily represent the policy of the Department of Education and should not assume endorsement by the federal government.

SELF ADVOCACY PRACTICE

PART 4: MY ADVOCACY PLAN



One thing I will speak up about more often is:



One way I will practice asking for help is:



My self-advocacy goal is:

The RAISE Center is a project of the SPAN Parent Advocacy Network and is funded by the US Department of Education's Rehabilitation Service Administration. The contents of this resource were developed under a cooperative agreement with the US Department of Education (H235G200007)). However, the contents do not necessarily represent the policy of the Department of Education and should not assume endorsement by the federal government.