



Home Connection

Self-Advocacy

Dear _____,

Today in class, we learned that when you speak or act in support of yourself it is called **self-advocacy**. We usually hear about advocacy when we are talking about someone who is being treated unfairly or someone who may be in a position that puts them at risk for being treated unfairly. We learned three steps to self-advocate effectively:

1. **Know precisely what you are asking for.** Be precise and be prepared to explain why you are requesting.
2. **Identify who can help you.** Is it your teacher? A family member? Your boss? Someone else? It doesn't make sense to ask someone for help if they aren't in a position to help you.
3. **Decide what you should say.** Remember that you're asking for help, so be polite and prepared. It might help to write it down first or role-play with a friend before you ask.

Please encourage your student to self-advocate using these strategies.

Please do not hesitate to reach out with any questions or concerns.

Best,
