



PRACTICING SELF ADVOCACY IN THE COMMUNITY

It can be challenging for anyone to stand up for ourselves and voice our opinions or ask for help. And yet we can probably all think of times when making our voice heard made a difference in our life. It's important for students to learn how to speak up for themselves. Students will need to communicate with peers, authority figures, and other community members as adults. Encourage your students to practice speaking up for themselves as they go throughout their daily life. Consider role-playing interactions in the community with students. We've provided some helpful examples below:

The doctor's office: Check into the front desk

- Tell the receptionist that you're there for your appointment
- State your name
- Answer any questions they might have for you
- Ask any questions you have about the appointment
- Tell them "Thank you," after they tell you to "Take a seat."

The grocery store: ask for help in finding an item from an employee

- Locate an employee
- Ask them, "Can you help me find something?"
- If they say, "Yes," tell them what item you are trying to find
- Follow them to get the item

The library: find the librarian and ask them if they will help you find a book

- Find the librarian
- Ask them, "Can you help me find a book that I'm looking for?"
- If they say "Yes," tell them the book you are trying to find
- Follow them to find the book

A favorite restaurant: order food

- When it is your turn to tell the server what you want to eat, say, "I would like _____."
- Ask any questions you have about the menu
- Say "Thank you," after they are done writing your order