



**SELF ADVOCACY**  
**&**  
**BEING**  
**PROACTIVE**

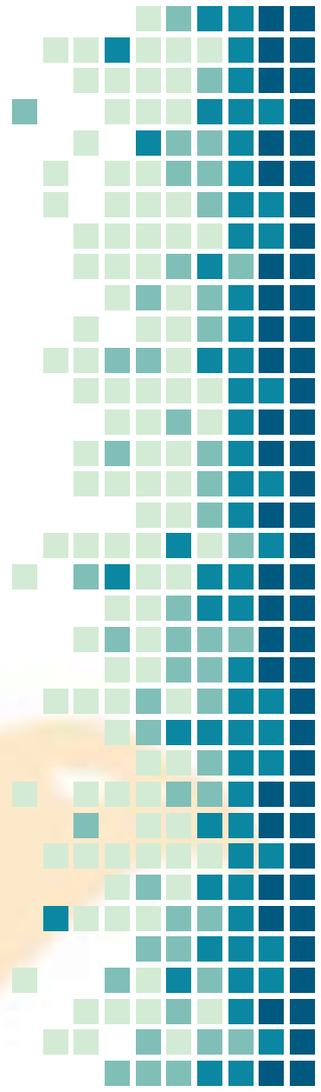
# What is Self-Advocacy?

Self-advocacy is learning how to speak up for yourself and learning how to make your own decisions. It's being able to problem solve, knowing when to ask for help, and having the ability to listen to others.



# A Quick Video: Ted Talk

[This video](#) is about a student who has overcome many obstacles in her life by advocating for herself.



# Think About It...

Abby used to think that advocacy had to be something big and grand, but soon realized that advocacy could be as simple as sending a quick e-mail to a teacher.

- How did self-advocacy help Abby become a successful student?
- How does self-advocacy build confidence?
- What is one thing you would like to see changed in your life?
- What can I do to accomplish this?



# Think About Yourself

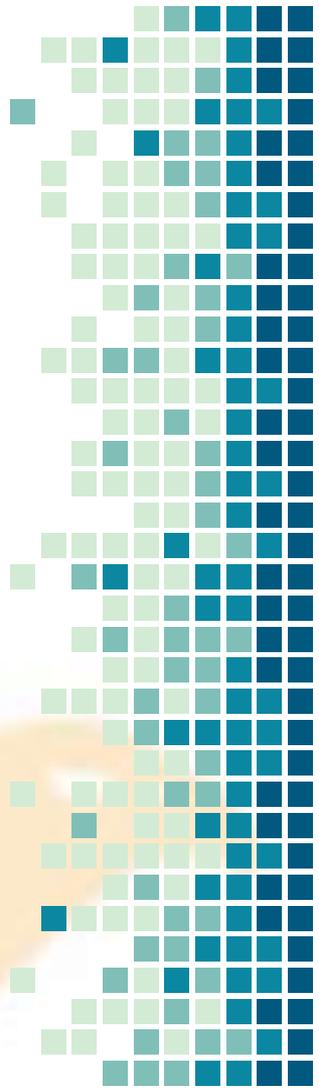
In order to teach self-awareness and self-advocating skills, you need to know a few things about yourself first. To help make you more aware, you can start by answer the following questions.

- What are your biggest strengths?
- What are your biggest weaknesses?
- What does being self-aware mean to you?



# Dig Deeper

- What are three things that you do well really well at in school?
- What are three things that you need to improve upon in school?
- What a few things that you like doing at school? Why?
- What are a few things that you dislike doing at school? Why?



# Helping Alexa

*Alexa just got a pair of glasses to help her see far away. However, Alexa is still getting used to them and feels she needs to sit in the front of the classroom. One day Alexa came to school and her teacher had switched her seat to the back of classroom. Alexa stayed after class to talk to her teacher about moving her seat to the front of the classroom.*

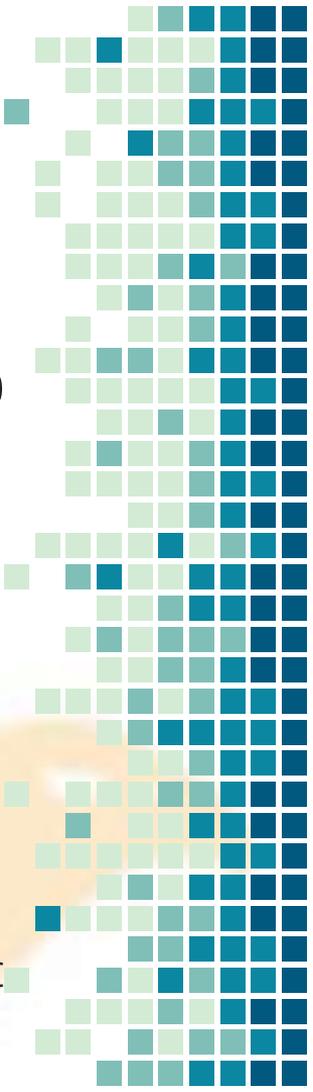
- Why was it important for Alexa to talk to her teacher after class?
- Did Alexa do the right thing?
- What would you have done if you were in Alexa's situation? Why?
- Have you ever been in a situation where you had to self-advocate?
- Did you find it difficult to speak yourself? Why or why not?
- How did standing up for yourself impact your future?



# Now It's Your Turn!

With a partner create a story about someone who needs to self-advocate for themselves. Think about your transition to high school next year when coming up with ideas for your story. Make sure that when you are creating this story that they are able to answer the following questions:

- What is your character's name?
- What does your character do well? What do they not do so well at?
- What does your character struggle with at school? What are they doing to help themselves?
- You may draw a picture to go along with your story or even a short comic strip.



# Becoming Your Own Advocate

As an 8th grade student you will be transitioning to high school and your role as a student will change. As you become more and more independent each day, challenges will arise in different ways. You need to have self-awareness and self-advocacy skills so you are better able to deal with any situations or challenges that come up in everyday life.

