Self-Advocacy: Asking for what you need in a respectful and direct manner.

Asking for what you need, in a respectful but direct manner, is a difficult skill to develop. For most of your life, your parents or teachers decided what is best for you. What clothes to wear. Which teacher you would prefer. What subjects you should learn.

As an adolescent, you have more input about what you need to be successful.

- Asking for what you need is called self-advocacy.
- Making your own choices is called self-advocacy.
- Learning to say no without feeling guilty is called self-advocacy.
- Expressing disagreements respectfully is called self-advocacy.

Self-advocacy means knowing what you need and then asking for that support. This may also mean thinking ahead to guess what problems you may have in the future, so you can act and prepare now.

Self-Advocate by completing these activities:

1. Write a one page paper describing yourself and if you feel you are a self-advocate and why or why not. Utilize the following list of words to describe yourself or your actions.
   - Open-minded
   - Effective Communicator
   - Organized
   - Confident/Assertive
   - Shows Initiative
   - Cooperative
   - Patient
   - Respectful
   - Focused
   - Aware

2. Complete What’s Your Style Activity