

Speak Up!

Self-Advocacy Worksheet

My Name is:

The Important People in my Family or Circle are:

I live at:

My Phone Number is:

Self-advocacy and Speaking Up for myself or for something I believe in.

I can speak up to describe myself, to ask a question or to ask for help.

People who are self-advocates can communicate:



- what they are feeling,
- what they are thinking,
- what they want and,
 - what they need



This worksheet can help me prepare to become a better self-advocate.

Questions adapted from: Palmer and Wehmeyer (2002). *A Parent's guide to the self-determined learning model for elementary school students.*

I can Speak Up to describe Myself to others!

Everybody's different. Everybody's better at some things than others.
What I like, what I am good at and what I need help with makes me unique.

Here is what I would say when somebody asks me the questions below:

What activities do you like?



What activities can you do by yourself?



What activities do you need help with?



Everybody's different. What makes you different?



I can Speak Up to ask for help!

Everybody needs help sometimes. I help others and others help me.

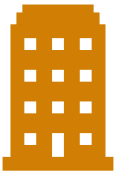
Here is what I would say when somebody asks me the questions below:



Name the people you help at school. What do you do for them?



Who can you ask when you need something at school?



Name the people you help at home or in your community. What do you do for them?



At home or in your community, who can you ask when you need something?



How do you ask people when you need something?



I can Speak Up to ask a question!

Nobody knows everything.
Asking questions can help me find an answer.

Here is what I would say when somebody asks me the questions below:



When do you ask questions at school, at home, or in your community?

What do you do to get people's attention when you have a question?



What can you do to communicate better?

