

# Advocating for Oneself

## Suggested Role-Plays

- 1.** You think your math teacher does not give you as much help or attention as others in the class. Following the steps of the skill, show what you would do to receive more time from the teacher.
- 2.** In the cafeteria, students sitting at another table keep tossing pieces of food at you and your friends. You try ignoring the behavior, hoping it will stop, but they continue to throw food. Show how you would step up to end the childish behavior by calmly, but firmly, advocating on behalf of everyone at your table.
- 3.** You're playing with your dog in a neighborhood park when a stranger tells you that dogs don't belong there. The stranger tells you to leave. However, there are other dogs in the park, and you know there is no rule against having dogs in the park. Show how you would stand up for your right to be in the park with your dog.
- 4.** Your parents are going out for the evening and plan to hire a baby sitter. You think you are responsible enough to stay home alone. Describe how you would convince your parents that you do not need a baby sitter.

# Advocating for Oneself

## Think Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_

What does the word “advocate” mean to you?

Why is it important to know how to advocate for yourself?

List some times when you will need to advocate for yourself rather than depend on others:

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How can using the skill of **Advocating for Oneself** help you in the classroom?

How can using the skill of **Advocating for Oneself** help you outside of school?

# **Advocating for Oneself**

- 1. Identify a situation in which you should advocate for yourself.**
- 2. Remember to remain calm and use a pleasant or neutral voice tone.**
- 3. Describe your point of view or the outcome you desire.**
- 4. Give rationales for advocating for yourself.**
- 5. Thank the person for listening.**