

Basic Steps for Self-Advocacy

Self-Advocacy is speaking up for the things that are important to you and feeling heard. Follow these basic steps to start advocating for yourself in conversations with others.

Plan for what you will ask and who you will ask

1

- What is your need?
 - ex: getting a ride, meeting someone, money, medications, groceries, etc.
- Who are you going to ask about your need?
 - ex: parent, guardian, sibling, support staff, supervisor, coworker, teammate, etc.

Ask your question

2

- Use a calm, confident tone of voice.
- Explain why your need is important.

Wait for response and listen

3

- Remember to pause & wait for the other person's response.
- Actively listen to what they have to say.

Respond appropriately

4

- After listening to what they have to say, try your best to be polite, even if you do not get the answer you want.

The purpose of these steps is to help you plan out how you will start conversations with others to become more comfortable advocating for yourself.