



Speak Up!

(Self-Advocacy Worksheet)

My first name is:	My last name is:
Parent/guardian's name(s):	
My brother(s) and sister(s) name(s):	
I live at:	
My phone number is:	

To become interdependent, I need to practice self-advocacy. Self-advocacy means speaking up for myself or for something I believe in. People who are self-advocates can communicate what they are feeling, thinking and what they want or need.

As a self-advocate, I can speak up to describe myself, to ask a question or to ask for help.

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

I can speak up to describe myself to others!

Everybody's different.

Everybody's better at some things than on 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 in school. What do you do for them?”

“In school, who can you ask when you need something?”

“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 or at home?”

“What do you do to get people’s attention when you have a question?”

“What do you do to communicate better?”