

Mastering Learning 4: Advocating for yourself

20th February 2024

DO NOW:

- a) Write the title and the date in your PSHCE books.**
- b) Discuss with the person next to you:**
 - 1. Do you know what an advocate is?**
 - 2. Do you know what it means to advocate for yourself?**

What is an advocate?

Have you heard this word before?

Are there any roles in the school with this title?

What does it mean?

In simple terms:

Someone who stands up for a cause, or something they believe in.

In America, lawyers are often called Advocates.

advocate 1 of 2 noun

ad·vo·cate (ˈad·və·kət) (-,kāt)

[Synonyms of advocate >](#)

- 1** : one who defends or maintains a cause or proposal
| an *advocate* of liberal arts education
- 2** : one who supports or promotes the interests of a cause or group
| a consumer *advocate*
| an *advocate* for women's health
| He has paid respectful attention to the home schooling movement by meeting with its *advocates* and endorsing their cause.
— Elizabeth Drew
- 3** : one who pleads the cause of another
| *specifically* : one who pleads the cause of another before a [tribunal](#) or judicial court

What is self advocacy?

<https://www.youtube.com/watch?v=L4r5j44JR2M>

Watch this video and answer the following questions:

1. **What** is self advocacy?
2. **When** will you need to advocate fully for yourself (and not rely on parents or teachers)?
3. Give **3 reasons** why self advocacy can be hard.

What is self advocacy?

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=L4r5j44
JR2M](https://www.youtube.com/watch?v=L4r5j44JR2M)

Go through your answers and mark in green pen (adding ideas as you go):

1. What is self advocacy?

Self Advocacy is speaking up for yourself as an individual and making sure that your needs are met.

2. When will you need to advocate fully for yourself (and not rely on parents or teachers)?

After you leave school (and go to college and/or university)

3. Give 3 reasons why self advocacy can be hard.
 - a. **You don't know what to ask for or why you need it.**
 - b. **you don't believe that we deserve what we need**
 - c. **You are embarrassed or ashamed to ask for help**
 - d. **You don't have the skills to be a self advocate**
 - e. **You have had bad experiences in the past which make you not want to try again**

What is self advocacy?

Self-Advocacy

We can solve problems by using our words!

Self-advocacy is:

- standing up for yourself
- letting others know what you need
- letting others know what you want
- letting others know what's wrong



SELF-ADVOCACY

CREATING SELF-CONFIDENCE,
MANIFESTING SUCCESS, KNOWING
YOUR RIGHTS, BEING ARTICULATE,
AND BEING PERSISTENT

Self-Advocacy:
Know Yourself,
Know What You
Need, Know How
to Get It

What is Self-Advocacy?

In short, self-advocacy is the ability to speak up for yourself. As an advocate for yourself, you are able to ask for what you need and want, and develop a plan to achieve your goals.

SELF-ADVOCACY



5 steps to self advocacy

Watch this video and write down the **5 steps** to great self advocacy.

<https://www.youtube.com/watch?v=fCjwA67THIc>

Star students: can you note down some of the key tips under each step as well as the steps?

E.g. *Step 1: Identify & Clarify*

- *What's the issue*
- *What do you need and want*
- *Be clear and specific*



Your tutor will go through this with you after the video, so leave space to add to your notes...

5 steps to self advocacy

Step 4: Speak-Up

Speak to the person who can help you solve the issue

Choose the right time and place

Be specific

Maintain respect

Step 5: Reflect

Check-in with yourself

What did I learn?

What could I do next time?

Are there next steps?

Step 1: Identify and Clarify

What is the issue?

What do you need or want?

Be clear and specific



Step 3: Have Courage

Believe in yourself; you are worth it!

Take one step at a time

Practice what you are going to say

Be prepared



Step 2: Reach Out

Someone you trust

Someone you think might help

You can reach out to different people

Create a plan



Step 4: Speak-Up

Speak to the person who
can help you solve the issue

Choose the right time and place

Be specific

maintain respect

What does it mean to maintain respect when speaking up?

- Be polite and well mannered
- Show appreciation for the other person's time / effort
- Be prepared to get the answer 'no'

Why is it so important to maintain respect when speaking up?

- To maintain positive relationships
- More likely to get what you want

Step 5: Reflect

Check-in with yourself

What did I learn?

What could I do next time?

Are there next steps?

What happens if you don't get the result you wanted?

What should you do next?

How should you behave?

- Try to listen carefully to why you didn't get the result you wanted
- Try to understand the point of view of the person you were asking so you can see why they couldn't help you
- See if you can propose a different solution
- Reflect on if there was anything different you could have done

Why might you need to advocate for yourself at school?

Work with the person next to you to think of as many reasons as you can why you might need to advocate for yourself at school.

Be ready to share these.

What ideas did you come up with?

You don't understand something / a topic

Your teacher is moving too fast through something

You are going to need more time for a piece of homework because of a family commitment outside school

You think you might need extra time for exams

You want a teacher to set you more challenging work to stretch you

How can you advocate for yourself at school?

Read through the examples on the sheet and help these students go through the 5 steps to self advocating by filling in the tables on the sheet.

Scenario 1: Mohamed	
Step	What should the student do?
Step 1: Identify and clarify What is the issue? What is the need?	
Step 2: Reach Out Who can help you? Make a plan with them	
Step 3: Have courage Prepare and practice	
Step 4: Speak up Who do you need to speak to? Be specific about what you ask them.	
Step 5: Reflect Did it go well? What would you do differently next time?	

How can you advocate for yourself at school?

Read through the examples on the sheet and help these students go through the 5 steps to self advocating by filling in the tables on your sheet.

Scenario 1: Mohamed	
Step	What should the student do?
Step 1: Identify and clarify What is the issue? What is the need?	<i>Mohamed is behind in maths / science and needs more help / understanding from his teachers.</i>
Step 2: Reach Out Who can help you? Make a plan with them	<i>Maths / science teachers, Form Tutor, Head of year, Parents Ask for a meeting with FT/HoY/Parents to explain the issue.</i>
Step 3: Have courage Prepare and practice	<i>Make a list of things you could ask for in that meeting, e.g. extra work to complete at home. Extra maths tuition from home</i>
Step 4: Speak up Who do you need to speak to? Be specific about what you ask them.	<i>Have the meeting with HoY / FT and maybe with maths / science teachers as well - or you could just arrange to speak to them after class.</i>
Step 5: Reflect Did it go well? What would you do differently next time?	<i>Realised - could have had these conversations earlier</i>

Where else in life might you need to advocate for yourself?



Advocating for Yourself at the Doctor's Office

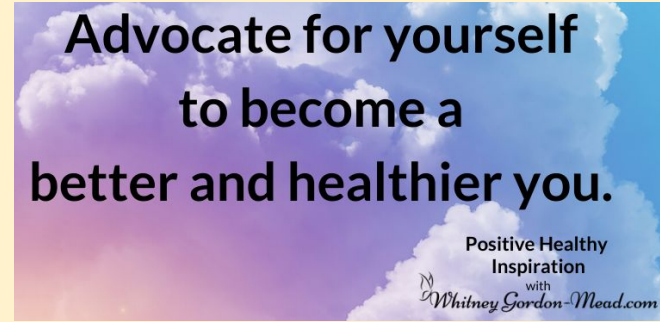
1. Do your research
2. Lay the groundwork
3. Know your rights
4. Know what to say



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Advocating For Yourself In The Workplace



Advocate for yourself to become a better and healthier you.

Positive Healthy
Inspiration
with
Whitney Gordon-Mead.com



Advocating for Yourself as a Special-Needs Parent

EPISODE 53

Tips to Advocate for Yourself and Advance Your Career

with Maisha Hagan



 **MARKETERS Take FLIGHT**

What skills are important in being a strong self-advocate?

Make a list on your mini-whiteboard with a partner.

Did you get these?

1. Self confidence
2. Speaking up
3. Being articulate - knowing how to communicate clearly
4. Knowing what you need
5. Knowing your rights
6. Being honest with yourself and others
7. Knowing what to ask for (being specific)
8. Being polite and considerate

Key Takeaways

Write down your top three takeaways from today's session in your book.