

CHAPTER 9

Be Your Own Advocate

What Is Self-Advocacy?

Does it appear to you that some people are always lucky? They always get what they want and things always seem to go their way.

Maybe they are not lucky; maybe they are just excellent **advocates** for themselves. Self-advocacy means

advocate
(noun) someone who speaks out in support of something or someone
(verb) to speak out in support of something or someone

- knowing yourself and knowing what you need
- knowing who can help you
- being able to ask someone for what you need.

To be a good self-advocate, you must be able to do all three things.

STEPS TO SELF-ADVOCACY

1. You need something



2. You realize that someone has what you need



3. You ask for help in an appropriate way

Everyone needs help at some time! Sometimes you need to ask a teacher for extra help at school. Sometimes you need to ask a friend for a ride home. In both of these situations, you are using self-advocacy skills.

