

Why Self-Advocacy?

Maybe you find it easier to speak up for other people than to speak up for yourself. Of course, it is good to help others. However, it is equally important to be able to help yourself. Being able to help yourself is not selfish—it is the right thing to do.

Imagine you are standing in line at a fast-food restaurant in front of someone who is older and taller than you. The cashier looks right past you and says, “Can I help you?” to the other person.



What do you do?

If you say nothing, you may go without lunch. You may become angry. Perhaps you feel that grumbling loudly will get the cashier's attention. However, if you advocate for yourself, you can resolve your problem more quickly. All it takes is saying, “Excuse me, I am next in line.” That is the power of advocating for yourself.

Jump In

1. Look at the drawing above.
 - a) List two other effective things the girl could have said or done in this situation. Why are they effective?
 - b) List two *ineffective* things the girl could have done in this situation. Why are they ineffective?
2. Is being a self-advocate worth it? Take time to reflect and respond.