

- 1) Practice self-advocating with your family (do an example with them first)
- 2) Self-advocating activity:
 - Read the scenario
 - What is the problem?
 - Where is the problem taking place?
 - Who would you ask for help?
 - What would you say?

Self-Advocacy Practice

Your teacher is doing a lesson on the board and you are having trouble seeing.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

Your teacher puts you on shredding with a partner. You both are lost and aren't sure how to work the machine.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

Your teacher always puts you on the recycling team but lifting heavy bags hurts your back too much.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

You work in a coffee shop. Your boss tells you to refill all of the creamer and sugars in the lobby. You aren't sure where they keep the cream and sugar.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

You just got a new job at Publix and you are at orientation. Your boss gives you a large packet of information to read but you aren't a very good reader. He leaves the room and tells you to come get him when you are done.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

You just started working in a school cafeteria and you take the Star Metro Bus every day. You think it might be a good idea to purchase a Bus Pass but you aren't sure how to get one.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

It is election season. Your family all loves Donald Trump, but you really like Bernie Sanders. When your family goes to vote, they tell you to vote for Donald Trump.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

You are looking for a job. Your parents really want you to work at Publix but you hate working inside. You see that a lawn service is hiring and you really want to apply but you are nervous about what your parents will say.

Problem:

Where?

Who can help?

What would you say?

Self-Advocacy Practice

You are at work and all of a sudden you're really not feeling well. You start to feel dizzy, your stomach hurts, and you feel like you might faint.

Problem:

Where?

Who can help?
What would you say?

Self-Advocacy Practice

You are at school and your teacher is doing a lesson. The person sitting next to you keeps trying to talk to you and you can't focus on what your teacher is saying.

Problem:
Where?
Who can help?
What would you say?

Self-Advocacy Practice

You notice you have a rash that's been on your body for a week now. It's really bothering you, but you are too embarrassed to tell anyone. You are starting to get worried about it.

Problem:
Where?

Who can help?
What would you say?

Self-Advocacy Practice

You are at Second Harvest with Ms. Lewis. She tells you to sort the cans but you are confused about where they go.

Problem:
Where?
Who can help?
What would you say?

Self-Advocacy Practice

You just turned 18. You are at the doctor's office with your mom, in the waiting room. Your mom has always gone in with you, but this time you'd like to go in alone.

Problem:
Where?
Who can help?
What would you say?

You just turned 18 and your SSI check has been put in only your name. You receive your check and your mom says it will be safer if

she deposits it in her account. You would rather it be in your possession.

Problem:

Where?

Who can help?

What would you say?