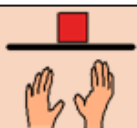




Advocacy



What does it mean?



Asking for what you need



Letting others know how you feel



Having your voice heard.



Taking responsibility.



Why is it important?



Helps others understand your needs.



Builds your confidence.



Gives you independence.



Allows problems to be solved early.



Steps to advocate for yourself.



Know what you need.



Stay calm and be respectful of others.



Clearly state at you need/feel without blaming others.



Listen to others rather than assuming their response.



Ask for help with other options if your first ask is not possible.



Example of Advocacy



↑ You are sitting beside an open window in class. You feel cold. You put your hand up and ask the teacher if you can move seats. The teacher says there are no spare seats in class. You ask if you can put your jacket on instead. The teacher agrees.

Communication Friendly @SchoolsNlc

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Scenario 1



What is the situation?



During PE you begin to feel unwell.



Options



Continue with the lesson.



Leave.



Speak to staff.



What would you do?



Why?



Is there anything else you could do?



Scenario 2



What is the situation?



You see someone in the corridor that you don't like.



Options



Turn around and walk the other way.



Make a comment to them before they can say anything to you.



Walk past without saying anything.



What would you do?



Why?



Is there anything else you could do?



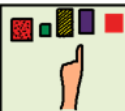
Scenario 3



What is the situation?



It is loud in class during group work.



Options



Shout at everyone and tell them to be quiet.



Take a break just outside of the clas.



Get some ear defenders.



What would you do?



Why?



Is there anything else you could do?



Scenario 4



What is the situation?



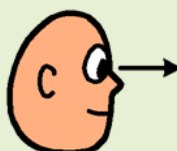
You are confused in class and unsure what you have to do.



Options



Speak to the staff in the class.



Watch what someone else is doing.



Refuse to work.



What would you do?



Why?



Is there anything else you could do?