

Dear Families/Caregivers,

Self-advocacy is a skill that helps students understand themselves, their needs, and how to speak up to get their needs met. An important part of growing up is taking responsibility for getting one's needs met and asking for help when needed.

In this lesson your child learned strategies for identifying when he or she needs help and how to ask for help. Some ways to ask for help include:

- **Know when you need help.**
- **Think of who can help.**
- **Get the person's attention.**
- **Ask for what you need.**
- **Use kind words.**

To help your child develop self-advocacy skills, encourage him or her to think about what he or she can do to meet his or her needs.

When your child needs help, encourage him or her to stop, pause, and think of who can help. Don't always step in to meet a need before it is expressed. If your child is upset, angry, or hungry, ask him or her, What are you feeling? Who can help you? How can you ask for help?

We all need to speak out and say what we need and ask for help when we need it.

Sincerely,

Your Child's Teacher