

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 his or her needs and how to ask for help when needed. Strategies for asking for help include:

- **State the Need**  
Think about what you need. Ask, can I do this myself? If not, think about who is available to help. State the need clearly.
- **State the Reason**  
Say what you need and why.
- **Be Polite**  
Ask kindly. Use words like please and thank you.

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 state his or her needs. 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? What do you need?

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

Sincerely,

Your Child's Teacher