

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 different ways to get his or her needs met. Some ways to get needs met include:

- **Do it yourself.**
- **Keep trying.**
- **Ask for help.**

When asking for help, your child learned to:

- **Get the person's attention**
- **Say what he or she needs**
- **Be polite**
- **Keep asking until he or she gets the help he or she needs**

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, work with him or her to identify 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