

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 communicating assertively to get their needs met. Some ways for asking for help to meet a need include:

- **Don't be shy...look them in the eye.**
Stand up straight, pull your shoulders back, and hold your head up. It's important to be confident when asking for help meeting a need.
- **Be kind and firm...you are not a worm.**
State your need firmly, along with a reason, and what you want to happen. Don't forget to 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, work with him or her to recognize what the need is, who can help him or her, and how to ask for 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? How can you speak up for your needs?*

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

Sincerely,

Your Child's Teacher