

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 what self-advocacy is and how to get the help he or she needs. Some strategies to advocate for oneself include:

- **Identify What You Need**
Know what you need. Believe in yourself—believe that you deserve to get what you need!
- **Think of Solutions**
Can you meet your own needs? Great, do it! If you need help, think about who can help you.
- **Ask for What You Need**
Choose a good time to talk with the person. Ask for what you need with confidence, and state your need clearly and calmly.

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 confidently 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