

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 developing confidence in order to advocate for themselves. Some strategies for speaking up with confidence include:

- **Know What You Need**
- **Speak Up with Confidence**
 - Stand or sit up tall.
 - Face the person you're talking to.
 - State your need in a clear, calm voice.
 - Be polite.
- **Know You're Worth It**

When your child needs help, work with him or her to recognize what the need is and ask for what he or she needs with confidence. 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?* Help your child to see that he or she deserves to have his or needs met.

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

Sincerely,

Your Child's Teacher