**Advocating for Yourself Activity**

When you self-advocate, you speak up for yourself. Practicing this skill can help you now and in the future. Identifying the problem and finding help are steps you can take for self-advocacy. How might you better advocate for yourself?

# Materials

* **PebbleGo Next** article “Advocating for Yourself”
* writing utensil
* blank paper
* art supplies

# Directions

1. Review the **PebbleGo Next** article “Advocating for Yourself.” Brainstorm a list of issues you would like to work through. What do you need help with? Maybe you have to give a presentation at school. However, you are afraid of speaking in front of large groups. Try to think of at least three problems you think you need help with.
2. Choose one of the three problems. Create a step-by-step plan of how to   
   self-advocate. Be specific in your step-by-step process. Write each step   
   at the top of a blank piece of paper. Below each step, illustrate yourself completing the step.
3. Think of a list of people you could ask to help you with your problem. Think about who might be the most helpful in reaching your goal. For example, you might ask a teacher or a caregiver to help you practice speaking.
4. Carry out your plan. Then, take notes on how the plan helped you. What might you do differently next time?

# Critical Thinking

1. Was it difficult to come up with a list of issues you would like to work through? Why or why not?
2. What step of your self-advocacy plan was the most difficult for you   
   and why?
3. Why do you think self-advocacy can cause some people to worry?   
   How might one combat this?