

Background information:

Cristina

- 11 y/o
- 4th grader
- general ed dual language class
- no diagnosis (her IEP says OHI)
- receives OT, PT, SETSS, APE and 1:1 paraprofessional

Cristina enjoyed completing the worksheet and even asked to complete them when I had not mentioned them. I think she felt special that I was completing it with her and that I was taking the time to find out her likes and dislikes as well as what she thinks her abilities are.

During the process of completing the worksheet, Cristina expressed that she thinks she no longer needs a paraprofessional in the light of all the things that she can do for herself. When her IEP meeting was conducted, this opinion was considered by the IEP team who proceeded to terminate her paraprofessional services.



Speak Up!

(Self-Advocacy Worksheet)

My first name is: Cristina	My last name is: P-----
Parent/guardian's name(s): My Mom, Ms -----	
My brother(s) and sister(s) name(s): J., M. and J.	
I live at: -----	
My phone number is: -----	

To become interdependent, I need to practice self-advocacy. Self-advocacy means speaking up for myself or for something I believe in. People who are self-advocates can communicate what they are feeling, thinking and what they want or need.

As a self-advocate, I can speak up to describe myself, to ask a question or to ask for help.

This worksheet will help me prepare to become a self-advocate.

I can speak up to describe myself to others!

Everybody's different.

Everybody's better at some things than on others.

What I like, what I am good at and what I need help with makes me unique.

Here is what I would say when somebody asks me the questions below:

“What activities do you like?”

I like playing outside and jumping rope.

“What activities can you do by yourself?”

I can do everything by myself!

I do exercise, like jumping jacks by myself, I pick out my clothes every day, I walk to school by myself and at school I check my mailbox in my class all by myself.

“What activities do you need help with?”

I am not allowed to go places by myself

Also when I get pulled out of class I need help to catch up when I come back.

“Everybody's different. What makes you different?”

I can't run that fast.

I can speak up to ask for help!

*Everybody needs help sometimes.
I help others and others help me.*

Here is what I would say when somebody asks me the questions below:

“Name the people you help in school. What do you do for them?”

My teacher, K., with cleaning up the classroom and I am in charge of the prize closet.

My friends when K. asks them to do something. I also get stuff for them.

“In school, who can you ask when you need something?”

K. (my teacher), O. and J. (my old teachers), E. (my para), Z. (my IEP teacher) and my friends.

“Name the people you help at home or in your community. What do you do for them?”

My mom with packages and with my brother M.

My neighbor with walking and feeding their dog.

“At home or in your community, who can you ask when you need something?”

My mom, aunt or grandfather (when he is around).

“How do you ask people when you need something?”

“Can you please help me with this problem?”

“Can you please help me reach that plate”

I can speak up to ask a question!

*Nobody knows everything.
Asking questions can help me find an answer.*

Here is what I would say when somebody asks me the questions below:

“When do you ask questions at school or at home?”

When I need help in school.
At home when I can't reach something because in the kitchen everything is high up.

“What do you do to get people's attention when you have a question?”

I say excuse me or I raise my hand at school.

“What do you do to communicate better?”

Say please and May I. I repeat and explain things and always say thank you!