



Speak Up!

(Self-Advocacy Worksheet)

My first name is: Carlos	My last name is: V
Parent/guardian's name(s): C/C	
My brother(s) and sister(s) name(s): G	
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 working with my dad.

“What activities can you do by yourself?”

I can clean out my house

I can go out by myself. To my mom and dad's work.

I can dress myself. Get ready for school.

“What activities do you need help with?”

Right now, I can't take the public bus to school.

I can't drive alone.

I can't do my homework alone. It's a little bit hard.

I can't play on the computer because the words are too small.

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

When I was with my whole family some drunk guy hit us from the back with a car. My vision got hurt when I was a child.

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?”

C. = With Spanish homework.

Ms. B. = I help her find folders in my backpack.

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

Science. Ms. P.

English. Ms. P.

Vision teacher. Ms. S.

Para - Ms. B.

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

My father at works at the H.C. I help him create p.....

Clean my house for my mom.

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

My dad, mom, cousin, sister, aunt, and my friends.

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

Be nice and ask in a polite way.

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 have something important to ask.
If I have a homework that I don’t understand.

“What do you do to get people’s attention when you have a question?”
I say excuse me.

“What do you do to communicate better?”
Talk about it.
Remember how to say things.
Asking questions.