Student Self Advocacy Steps

Know me. Know my supports. Plan the ask. Ask. Follow up. Reflect.

Name: _____ **Date:** _____

1. Safety sort

Crisis first. Prefer a safety plan.

2. Know me

Strengths, what is hard, what helps.

3. Know supports

My plan, my go to adult, school help.

4. Pick the ask

One need. One specific request.

5. Time + place

After class, email, office hours.

6. Use a script

Greet. Need. Ask. Confirm + thank.

7. Practice

Role play easy asks first.

8. Ask + follow up

Not yet? Ask what could work.

9. Reflect

Log it. Plan the next ask.

The four part ask script

Short and specific beats long and apologetic. Practice it out loud first.

Greet	Pick a calm time, not mid test.	"Hi Mr. Grant, do you have a minute?"
Need + ask	Name the need, then one request.	"I can't see the board. Could I sit closer?"
Confirm	Check the plan. Thank them.	"So I move on Monday? Thank you."

Asking for what helps is a skill. You never have to share a diagnosis to ask.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not legal advice, a diagnosis or treatment. Prefer a safety plan in crisis.

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My Self Advocacy Plan

Know what helps. Plan one clear ask. Know who to go to next.

Name: _____ **Date:** _____

About me as a learner

I am good at: _____

It is hard for me when: _____

It helps me if: _____

My supports

My plan (circle): IEP 504 No formal plan Not sure

Supports I use or could use: _____

My go to adult (case manager, counselor, teacher): _____

My ask script

Greet: Hi _____, do you have a minute?

Need: It is hard for me when _____

Ask: Could I _____?

Confirm + thank: So we will _____. Thank you.

You never have to name a diagnosis. Describing what helps is enough.

When, where and how

Day + time: _____ Place: _____

How (circle): In person Email Note With an adult beside me

If the answer is no or not yet

I can ask: "What could work instead?"

Then I will talk to (next person): _____

A support in my plan is not happening? Tell my case manager or 504 lead.

Notes after my ask (what happened, what I will try next):

_____

_____

_____

_____

_____

_____

Crisis: 988 · HOME to 741741 · 911. Prefer a safety plan if unsafe.

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Self Advocacy Ask Practice Log

Seven asks. Small ones count. Log it, then plan the next one.

Name: _____ **Date:** _____

Date	Who I asked	What I asked for	How	Result	0-5 sure
#1					
#2					
#3					
#4					
#5					
#6					
#7					

Student mini card (cut out and keep)

Know me · Know my supports · Pick the ask · Script · Practice · Follow up

Greet. Name the need. Ask. Confirm and thank.

A no is information, not the end. Ask what could work, then the next adult.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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