Speaking Up for Myself

Find the places where you need to speak up for yourself, and practice saying what you need in a clear, calm way.

Name _____ · Date _____

Self-advocacy is the ability to speak up for yourself. Work alone or with a partner. Write how you can self-advocate in each area of your life. Note any supports that could help you get the outcome you want.

Area	Ways I can self-advocate	Supports that could help
School		
Work		
Home		
Community		
Relationships		

Three ways to respond

Example: Your work schedule puts you on a shift during your class.

Passive
Staying quiet or giving in, even when something matters to you.
You say nothing and miss class.

Assertive
Speaking and acting boldly and confidently, while respecting others.
"I have class Tuesday mornings. Could I work Tuesday afternoon instead?"

Aggressive
Pushing for what you want in a way that ignores or hurts others.
"This schedule is ridiculous."

My turn: think of a time you need to be assertive (not aggressive)

The situation	Action I will take	What I will say

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