

# Four Steps to Self Advocacy



1

## Get the persons attention

"Hey, do you have a minute?"

2

## State the problem

"I struggle/It is difficult/It is hard for me"

3

## Explain how you have tried to fix the problem on your own

"I have tried.../I have used.../I have asked..."

4

## State what you specifically need that person to help you do

"Could I please.../Could you please.../It would be helpful if..."