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**Self-Advocacy: Knowing Your Needs**

What is Self-Advocacy?

Self-advocacy is how you represent yourself, your views, your interests, and your needs. It’s being able to use self-awareness to determine your needs and how to get what you need. The three parts to self-advocacy are: (1) knowing yourself, (2) knowing your needs, and (3) knowing how to get what you need. This activity will help you in understanding the second part of self-advocacy: knowing your needs.

I use an IEP/504 plan in school because… (say why below).

These two things DO help me learn:

These two things DO NOT help me learn:

Use the table to organize your thoughts about your accommodations.

| **My accommodations** | **Reason for my accommodations** | **On a scale of 1-4, I would rate my accommodations as:**  **1 = not helpful**  **2 = sometimes helpful**  **3 = often helpful**  **4 = always helpful** |
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| *Example:*  *Extra time on tests.* | *It takes me longer to read the test questions than it does for other kids.* | 4 |
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