

ADVOCACY!

As you get older, people often say you need to be able to “speak up” for yourself (what does that mean anyway?). Sometimes you might hear about advocating for your needs or ideas, but did you know there are **styles** of speaking up or advocating for yourself? Let’s figure them out and discuss. First some definitions:

What’s the difference between **AGGRESSIVE**, **ASSERTIVE**, and **PASSIVE**?

Aggressive means:

Passive means:

Assertive means:

So, when you ADVOCATE for yourself, should you be aggressive, passive, assertive, or all the above? Does the situation or people present matter? Hint: the answer is yes.

Think about these 4 ways to advocate (voice, body, eyes, words) and then read the scenarios below. Discuss (or role play) how the types of advocacy change based on the situation.

- Advocacy with monitoring your Tone of Voice (what would that sound like?)
- Advocacy with Your Body (what does that look like?)
- Advocacy with Your Eyes (show us the differences)
- Advocacy with Your Words (word choice matters)

Scenarios:

- Trying to get help in line when the line is too long, and it is moving really slowly.
- Employee tells you they are closing right when you get to the counter.
- Many people are telling you different sets of information that don’t make sense.
- A person online got your information wrong and you have to correct it.
- Someone (home or school) is doing something that is bothering you.
- People don’t seem to be noticing you in the room or group.
- You are frustrated by someone else’s mistake but you talk to another person to work it out.
- You forgot your money at home and you really need it for an event.
- You are just tired and frustrated, and people keep getting the facts wrong.
- The class you needed to take is full and they don’t offer it again for another year.
- You get directions on when something starts, but you are still unclear.
- You need help with your homework and your parents are available.

Do you ever try to advocate for yourself?

How do you most often do it? Passive Assertive Aggressive

What would your parents or teachers say about how you advocate?

Are there ever times when you advocate for yourself, but it won’t change anything?

When should you advocate for others?