

Name:

Date:

My Advocating Checklist



What is **advocating**? **Advocating** is standing up for yourself, or others when you see 👁️ , or hear 🗣️ something that is wrong ❌.

This worksheet will help you understand 💡 what you are already good at doing and what to work on when it comes to **advocating** 🔊.

Questions

For each question, circle the answer that you feel is right.

Question 1:

Do I know I can ask for help if I don't understand something?

Yes

No

Unsure



Question 2:

Do I know how to stand up for myself if someone does something I do not like?

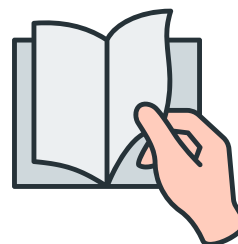
Yes

No

Unsure



**Flip your paper
over!**



Question 3:

Do I know how to tell a trusted adult or friend if someone is being mean to one of my friends or breaking a rule?

Yes



No



Unsure



Question 4:

Do I know that I should be treated the same as everyone else?

Yes



No



Unsure



Now I know..

I **CAN** ask for help.

I **CAN** stand up for myself and others.

There **ARE** trusted people to help me.

I am **NOT** alone.

I **SHOULD** be treated with respect.