

# Self-Advocacy



Recommended  
Year 10



Length  
70 Minutes

## About This Lesson

To investigate skills that may require further development, students will learn about the concept of self-advocacy, identify skills and behaviours required to effectively advocate for themselves, such as leadership, confidence, and communication, and explore ways they can advocate for themselves in school, the community, at home, and in a career.

## Learning Objectives

By the end of this lesson students will:

- understand the concept of self-advocacy
- identify situations where they may need to advocate for themselves or issues they may want to advocate for
- identify skills and behaviours required to effectively advocate for themselves, such as leadership, confidence, and communication
- explore ways they can advocate for themselves in school, the community, at home, and in a career.

## Driving Question

How will self-advocacy help me at school, home, or work?

## Future-Ready Skills

Self-awareness

Self-confidence

Communication

Problem Solving

## Lesson Breakdown

15  
minutes

### Warm-up Activity - Who is a self advocate?

Introduce self-advocacy by asking each student to share a time they were a self-advocate. Use these prompts to get ideas flowing. Tell us a time when you: spoke up for something you believed in, took responsibility for something you did, questioned others expectations of yourself, joined a group of people who aimed to make life better for someone else.

25  
minutes

### Activity 1 - Xello Lesson: Self-Advocacy

Direct students to complete the Xello Lesson: **Self-Advocacy** to further understand the concept of self-advocacy, identify situations where they may need to advocate for themselves or issues they may want to advocate for, identify skills and behaviours required to effectively advocate for themselves, such as leadership, confidence, and communication, and explore ways they can advocate for themselves in school, the community, at home, and in a career.

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### Xello Entry Point

Before starting this lesson, students should be familiar with their **About Me** profile and have explored career profiles.

## Vocabulary

- Self-advocacy
- Speaking up
- Self-confidence
- Courage
- Communicating
- Persistence
- Optimism
- Problem solving
- Leadership
- Equality

Lesson Overview

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70 Minutes

30  
minutes

## Activity 2 - Self-advocacy Skills

In this activity, students will review aspects of a career profile that they've saved as a potential option, but aren't sure it's a good fit, in order to express what they'd need in order to pursue this pathway.

## Activity 2 - Self-Advocacy Skills

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Length  
30 Minutes

### Inquiry Prompts

- What do I need in order to succeed?

### Teaching Strategies

In this activity, students review aspects of a career profile that they've saved as a potential option, but aren't sure it's a good fit, to identify reasons for their uncertainty in this pathway. They will then select appropriate self-advocacy skills to help them explain what they'd need in order to further pursue this career interest.

- 1 Provide the [instructions](#) on the next page to your students.

### Materials Required

- [Student Instructions](#)
- Computer or tablet with internet access

### Outcomes

Students will add a few **Likes and Dislikes** for a career that they're not sure is a good fit for themselves, and include self-advocacy strategies in the career profile's **Notes** card to help identify ways to overcome their perceived obstacle to the career. They will also add and rate self-advocacy in the **Skills** section on their **About Me** profile.

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## Self-Advocacy Skills

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### Student Instructions

- 1 Take a look at a career you have saved or a suggested career match that you're not sure is a good fit for you. Review the career profile, taking note of any aspects that you are unfamiliar with or not sure about.
- 2 If you haven't already, save the career and state how you feel about this career. Within the **Likes and Dislikes** card provide 2-3 ideas about what you like about the career, and at least 1 aspect you are unfamiliar with or not sure about under dislikes.
- 3 For one of your dislikes, what could you start doing or speaking up about today in order to breakdown the barrier to this career? Explain in the **My Notes** card how you would use one or more of the following self-advocacy skills or traits to help you start exploring your uncertainty now to help you figure out if this career is a good fit or not.
  - Communicating: expressing thoughts, facts, or opinions in speech, writing, or images.
  - Leadership: guiding or directing others to achieve goals.
  - Confidence: believing in yourself and your abilities.
  - Optimism: keeping a positive mindset about uncertain events or outcomes.
  - Persistence: staying a course of action even if you meet barriers.
  - Problem solving: finding ways to address or fix issues as they come up.
- 4 On your **About Me** profile, add and rate self-advocacy in the **Skills** section. Consider adding other related skills from the following Skills Categories: Communication & Teamwork, Leadership, and Personal.