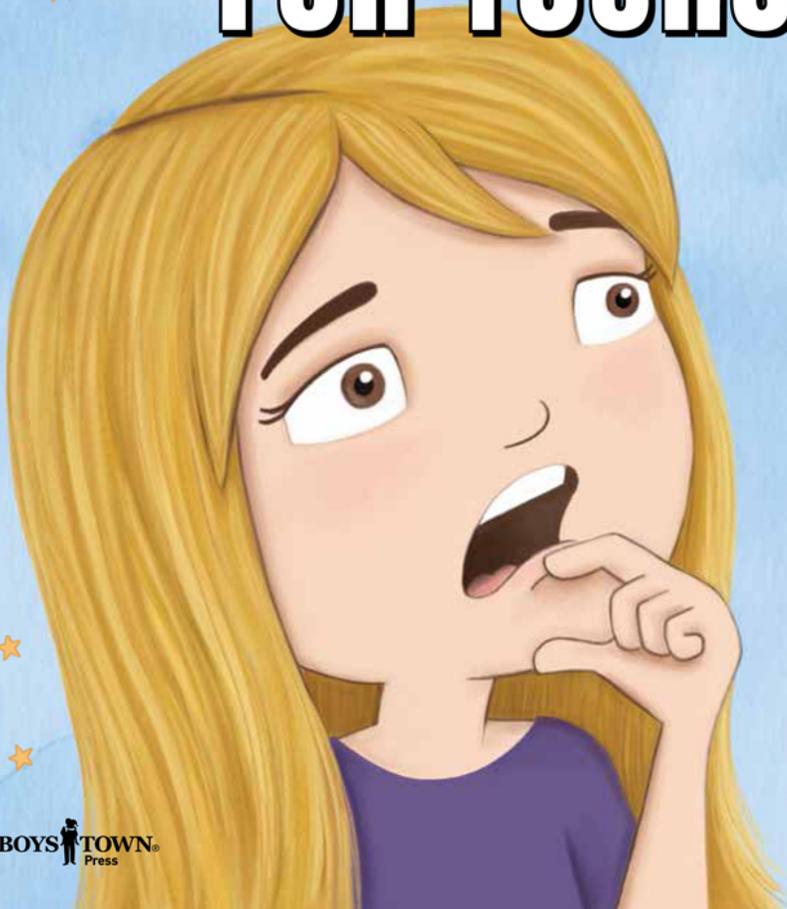


SPEAK UP **FOR YOURSELF**



**A story teaching
children
self-advocacy**

Written by
Bryan Smith

Illustrated by
Lisa M. Griffin

Speak Up for Yourself

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Hey everyone,
Amelia again.

Lately, Mom and Dad have
been telling me I need to be a
self-advocate. A self-advocate?

what in the world is that?

Good thing Mom and Dad explained it to me.

Being a self-advocate basically means **speaking up for yourself when something is important to you**. For me, learning to advocate for myself all started after my teacher, Mrs. Jones, switched up the class seating assignment.



I ended up next to Billy, who is **SO ANNOYING**. He's always complaining and groaning about stuff. After three days of Billy's whining, I was over it! I went home and told Mom I needed a new seat. But Mom wanted to know if I had done anything to try and solve the problem.

“I've asked him to stop a THOUSAND TIMES,” I said.

“What else have you tried?” Mom asked, in a voice that was a bit too cheerful for me.



“There isn’t anything else I can do, Mom.”

“Are you sure about that?” Have you tried ignoring him or changing the topic to see if that helps?”

“No,” I mumbled.



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