

ADVOCACY GUIDANCE SUPPORT TOOL

Use the following information and tools to support your advocacy.

Advocacy Guidance Tips

Use this guidance to advocate for yourself and others. Stand in the knowledge that what you're advocating for is right.

- Check in with yourself. Is your request reasonable?
- If so, ask your question. Your request deserves to be heard.
- Let people help you. Demonstrate belief that other people want to be supportive, when possible.
- Follow the process. Find the correct decision-maker for your request.
- Accept the answer. Someone can say yes or no.
- If you receive your request, demonstrate gratitude both with your words and by utilizing the resource well.
- If you do not receive your request, get creative. What are other ways you can move forward?

Advocacy Sentence Stems

You can combine an observation, rationale, and question sentence stem from the choices below to advocate for yourself or others.

Observations	Rationale	Questions
<p>"My (their) goal is to _____, but I am (they are) having trouble because..."</p> <p>"In order to reach this goal, I (they) would need..."</p> <p>"I am (they are) getting stuck because I (they) don't have..."</p> <p>"I (they) would be able to make a bigger impact if I (they) had..."</p> <p>"I (they) would feel better in my (their) work if..."</p> <p>"I (they) would benefit if..."</p>	<p>"This request is important to me (them) because..."</p> <p>"The reason I (they) would benefit from this is..."</p> <p>"If I (they) were able to _____, I (they) would be able to..."</p> <p>"I (they) would use this by..."</p> <p>"I (they) might benefit from this because..."</p>	<p>"I wonder if..."</p> <p>"How could I request...?"</p> <p>"Who could I speak to about...?"</p> <p>"Would it be OK if...?"</p> <p>"I would love it if I could (or you could)..."</p> <p>"Could you think of any solutions?"</p> <p>"Is there a process for me to request...?"</p>