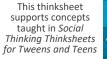
## **Advocacy Checklist**



## Social Thinking Thicksheets For Weens and Teens Temely I bernetik out but Temely I bernetik out but This of the Temely I bernetik out but Temely I berneti

## Do we match?

Fill out the 20 questions below. Check **yes** if you the action almost all of the time. Check **nope** if you do this some of the time or are still figuring out how to do this. Then, cover your responses and have a trusted person fill out the same 20 questions about you (or read the questions and have them rate you). Me Another person

	Yes	Nope	Yes	Nope	Match
<ol> <li>I can describe why I am in school and understand how each class helps me.</li> </ol>					yes / no
2. I can explain what my obstacles to learning are.					yes / no
<ol> <li>I have seen my test results and understand my my targets or objectives.</li> </ol>					yes / no
4. I use my test/quiz results to set goals.					yes / no
5. I helped plan my schedule for this school year.					yes / no
6. I offer my opinion if asked.					yes / no
7. I can explain my strengths.					yes / no
8. I can explain my challenges.					yes / no
9. I can tell teachers/parents how I learn best.					yes / no
10. I can tell teachers parents what makes my learning harder.					yes / no
11. I ask teachers/staff to repeat directions as needed.					yes / no
12. I ask teachers/parents for help when I do not understand what I am supposed to do.					yes / no
13. I participate in discussions in class/work.					yes / no
14. When asked, I can find a group of my peers to work with.					yes / no
15. I feel comfortable talking with my teachers or staff					yes / no
16. I know when I can solve problems on my own at school/work.					yes / no
17. I know when I can't solve problems and know who to ask.					yes / no
18. I can ask for help without getting angry or shutting down.					yes / no
19. I keep asking for what I need, if I don't get it.					yes / no
20. I will initiate a connection (text, call, email, or in-person communication) if I need more information or need to follow up in order to complete a task					yes / no

to follow up in order to complete a task.

Did we match? Do I see my advocacy abilities in the same way as others do? If not, why? Why do we need to learn about advocacy? What are other ways to advocate for oneself in the community, online, on dates, in stores, etc.

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