

Student Packet

Safe and Strong:  
Empower Your Students to  
Thrive with These 15 Self-  
Advocacy Skills

**137 pages**

 Jackie Marquette Ph.D.

Safe and Strong:  
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Thrive with These 15 Self-  
Advocacy Skills

ALL WORKSHEETS,  
ASSESSMENTS, AND POSTERS ARE  
PDF FILLABLE or printable

[drjackiemarquette.com](http://drjackiemarquette.com)

 Jackie Marquette Ph.D.



## Description

# Safe and Strong: Empower Your Students To Thrive With These 15 Self-advocacy Skills

Teachers, counselors, and parents, I offer you this valuable resource aimed at helping students to achieve their goals and thrive in safe and secure environments using these self-advocacy skills. Through a range of engaging teaching tools, such as fillable PDF or printable worksheets, real-life stories, self-assessment activities, goal-setting templates, and even art and poetry, your students will be entertained while gaining these knowledge about these self-advocacy skills.

Why This Resource? Many young people face uphill battles in their journey towards their aspirations. Emotional exhaustion, increased stress, mental health concerns, worries about violence and homelessness—these are just some of the challenges they confront. My objective is to equip youth with the knowledge and self-advocacy tools they need to regain control, foster resilience, and achieve their dreams.

By introducing these 15 scientifically-proven self-advocacy skills to your students or clients, you are arming them with their very own superpower. These skills will become their compass, guiding them towards inner peace amidst chaos and empowering them to overcome adversity with resilience. Thus, they are invaluable tools that will stay with them throughout their lives, enabling them to confidently navigate any situation that comes their way.

My inspiration comes from the pioneering works of Daniel Goleman, American psychologist and science journalist on Emotional Intelligence, Martin Seligman is a psychologist and educator who is widely known for his work in strengths and learned helplessness in the field of positive psychology, and Michael Wehmeyer's work on self-advocacy skills to provide individuals with the knowledge, skills, and supports necessary to advocate for themselves and make informed choices and decisions that impact their lives. Drawing on my 35+ years of experience in teaching, research, and supporting my own autistic son, I developed this resource. My ultimate goal is to benefit students who aspire to shape their own lives, even in the face of obstacles, setbacks, and fears. Within these 137 pages, my aim is to empower youth to courageously embrace challenges and positive opportunities.

This resource is designed for teenagers and young adults, including neurodivergent and disabled students. Personally, I have used these tools to support my autistic son to live a working artist life within his preferred personal quality of life. Equally important, I found these self-advocacy skills immensely helpful in bolstering my own resilience. That's why I also wholeheartedly recommend this resource to caregivers or anyone facing multiple responsibilities and challenges. The key to unlocking a person's worth and navigating challenges lies in self-advocacy.

## What's Inside

Table of Contents

1 Student Packet

1 Teacher's Guide

9 Sections

8 Downloadable PDF Posters

7 Downloadable PDF Fillable Worksheets +

15 anecdotes about youth entering their first job or career, indicating challenges and self-advocacy skills to solutions.

1 story using metaphor, art, and fantasy showing self-advocacy

1 user-friendly scenario based student self-advocacy self-assessment

1 Answer key.

1 planning template, Four Ways to Build Self-advocacy, Using the Self-advocacy S.A.F.E. Wheel

Number of pages: 137

## Description

# Safe and Strong: Empower Your Students To Thrive With These 15 Self-advocacy Skills (continued)

[Section 1](#): Developing Self-Awareness: Unleashing Your Power sets the foundation for the journey ahead by exploring the essence of self-advocacy and its significance in personal growth. Through thought-provoking exercises with downloadable pdf fillable template and insightful discussions, readers are guided to embrace self-advocacy and its transformative potential.

[Section 2](#): The Beautiful Warrior: Understanding Self-Advocacy through Fantasy and Metaphor introduces a unique approach to understanding self-advocacy by delving into the world of fantasy and metaphor. The captivating Beta Fish metaphor serves as a powerful tool to unlock deeper insights into self-advocacy, accompanied by visually appealing posters and a compelling visual story.

[Section 3](#): Fifteen Self-advocacy Strengths Revealed unveils the core strengths that drive effective self-advocacy. Through visually stimulating posters and practical downloadable pdf fillable worksheets, readers discover and embrace the fifteen self-advocacy strengths, gaining a comprehensive understanding of their significance and how to harness them.

[Section 4](#): Fifteen Transformative Short Stories: Applying Self-Advocacy Strengths in Real-Life Challenges presents relatable anecdotes that demonstrate the application of self-advocacy strengths in real-life situations. Readers are encouraged to reflect on these stories and gain new insights that can be applied to their own lives. A downloadable pdf fillable template is offered

[Section 5](#): Assessing Your Self-Advocacy Strengths: Engaging Scenarios and Self-Reflection offers a valuable tool for self-reflection and self-assessment. In a downloadable pdf fillable template with 71 real life scenarios, readers can choose from multiple choice option.

[Section 6](#): Discovering Your Strengths: Checking Answers and Identifying Self-Advocacy Traits provides a comprehensive strength assessment and self-discovery process. By engaging with this downloadable pdf fillable template the answer key, readers can identify and harness their unique self-advocacy traits.

[Section 7](#): Building Your Unique Path with Self-advocacy Strengths offers a downloadable pdf fillable template to use to create a personalized plan towards progress and goal achievement.

[Section 8](#): Becoming Your Own Best Advocate: Harnessing Strength Statements and a Positive Mindset introduces the power of strength statements and a positive mindset in becoming one's own best advocate. With empowering posters and practical exercises using downloadable pdf fillable templates, readers can practice and reinforce their strength statements, empowering themselves to navigate life with confidence and resilience.

[Section 9](#) Self-advocacy Your Story Yet Untold: A Poem.

Self-reflective questions (answer questions in in pdf fillable or print out)

[Closing](#) - Best wishes from jackie



# Teachers and Counselors

Six Ways You Can Integrate Self-advocacy Safe and Strong Resource with Various Subjects and School Curricula to Support Students Who are Culturally Affected by Trauma.

Here are some examples:

1. **Social Studies/History:** Incorporate lessons on cultural diversity, inclusion, and the historical experiences of marginalized communities. Teach students about the importance of self-advocacy in overcoming systemic challenges and promoting social justice.
2. **Language Arts/Literature:** Select books, poems, or plays that explore themes of resilience, identity, and self-advocacy. Encourage students to analyze and discuss characters who display self-advocacy traits, helping them relate these concepts to their own lives.
3. **Health Education:** Introduce topics such as mental health, trauma-informed care, and coping strategies. Teach students how to recognize and express their emotions, establish boundaries, seek support, and advocate for their own well-being.
4. **Guidance/Counseling Programs:** Collaborate with school counselors to incorporate self-advocacy workshops or activities into their programs. Focus on building self-esteem, assertiveness, conflict resolution skills, and creating a safe space for students to express their emotions and experiences.
5. **Personal Development/Leadership Courses:** Offer dedicated courses or extracurricular activities that focus on personal growth, leadership skills, and self-advocacy. Provide opportunities for students to engage in public speaking, debate, and community service, empowering them to advocate for themselves and others.
6. **Multicultural Education:** Integrate self-advocacy lessons within a broader framework of multicultural education. Teach students about different cultures, traditions, and histories, while also addressing the challenges faced by marginalized communities and the importance of self-advocacy in overcoming adversity.

Remember, the key is to tailor the integration of self-advocacy learning to the specific needs and experiences of culturally affected students. By embedding these concepts across various subjects and curricula, you can reinforce the importance of self-advocacy and empower students to navigate their own unique challenges.

# ALL WORKSHEETS AND ASSESSMENTS AND POSTERS ARE PDF FILLABLE

## Fifteen definitions of Self-advocacy Strengths

Jackie Marquette Ph.D



1. Self-awareness: The ability to recognize and understand one's own emotions, strengths, weaknesses, and values.



2. Self-regulation: The ability to manage and control one's emotions, impulses, and behaviors in order to achieve desired outcomes or maintain self-control.



3. Self-confident: Having a strong belief in oneself and one's abilities, resulting in a positive and assured attitude towards oneself and one's actions.



4. Trustworthy: Being reliable, dependable, and honest, inspiring confidence and trust in others.



5. Conscientious: Being diligent, responsible, and thorough in one's work or actions, showing attention to detail and a strong work ethic.



6. Adaptability: The ability to adjust and thrive in changing environments or circumstances, being flexible and open to new ideas or approaches.



7. Motivation: The internal drive or desire that leads to action, persistence, and goal achievement.



8. Initiative: Taking the lead or being proactive in identifying and addressing problems or opportunities, showing a readiness to act without being prompted.



9. Empathy: The ability to understand and share the feelings, emotions, and perspectives of others, demonstrating compassion and sensitivity towards others' experiences.



10. Service: A willingness to help and support others, often involving acts of kindness, assistance, or contribution towards the well-being or needs of others.



11. Political group awareness: Being knowledgeable and informed about political dynamics, affiliations, and ideologies, recognizing the influence of different political groups or parties.



12. Influence: The ability to have an effect on the beliefs, actions, or decisions of others, often through persuasion, leadership, or charisma.



13. Building Bonds: The ability to establish and maintain positive relationships or connections with others, fostering trust, cooperation, and mutual understanding.



14. Communication: The exchange of information, thoughts, ideas, and feelings through various verbal, nonverbal, written, or visual means, with the aim of conveying messages effectively and understanding others.



15. Team Cooperation and Collaboration: The ability to work effectively and harmoniously with others towards a common goal, demonstrating a willingness to cooperate, share responsibilities, and contribute to team success.

## TO BE FOR YOURSELF,

You MUST USE  
SELF-ADVOCACY

But How Do You Begin?

First you must have a reason to learn about self-advocacy. Below are 15 reasons or desires whereby self-advocacy is required. Put a check mark next to the reasons or outcomes you want to learn more about, to be your own best self-advocate.

Accept yourself

Own your power because you are not trapped, not helpless.

Negotiate conflicts

✓ Cope with stress

Recognize your own feelings: Feelings at work and school

Take care of yourself

To have more fun.

Appreciate yourself

To enjoy your life

To get through a rough time.

Claim who you are.

Set your own course

To see possibilities and opportunities good for you.

Learning new behaviors

Find balance.

Ask for what you need.

Celebrate life

Be ready for new beginnings

Trust yourself.

Accept change.

Solve problems.

Stand up for yourself.

Step forward, to take risks.

Create Safety

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# Four Ways to Build Self-advocacy with S. A. F. E.



Initiative



Empathy



Influence



Communication



Motivation



Trustworthy



SELF-AWARENESS



Building Bonds



Political Group Awareness



Conscientious



TEAM - Cooperation and Collaboration



Service Orientation



Self-regulation

**See** your unique attributes. Ask yourself, "What do I already have going for me?" Embrace your strengths, skills, and experiences as a foundation for self-advocacy. Recognize the unwavering support of those who believe in you.

**Acknowledge** challenges while acknowledging the positive aspects of oneself. Ask yourself "What do I know about the usefulness my strengths and challenges offer to my to learning and pursuing goals or career?" Try using your strength with a challenge. Experiment and discover.

**Formulate** or craft your SAFE, self-advocacy plan. Ask yourself, "How do I move closer to my goal?" Create a plan that leverages your strengths, skills, and experiences to equip yourself to overcome hurdles and handle adversity?

**Embrace** Ask yourself, "How do I embrace my dream or goal when it seems so far away and impossible to reach?" Overtime with commitment using your self-advocacy strengths, you create new experiences on your journey. Before you know it, you have your goal in your hand. Embracing your self-advocacy strengths is life-giving. Live with joy.

## 1) Facts:

Self-advocacy: The Beta Fish and Young Adults



→ Similarly, a young adult must learn to be self-reliant, make decisions, and develop a sense of autonomy within diverse environments.

→ Young adults must learn to express their thoughts, emotions, and needs assertively.

→ Similarly, young adults must establish and maintain healthy boundaries in their personal and professional relationships.

Beta fish are known to persevere through various conditions, including suboptimal water quality or limited resources.

→ Likewise, young adults must develop self-advocacy to overcome challenges and setbacks on their journey toward their goals. This involves learning from failures, seeking support when needed, and staying determined in the face of obstacles.

## Introducing the Beta Fish



The Beta Fish from Thailand means 'beautiful warrior'

2. Embracing Individuality: The Beta Fish, the beautiful warrior swims among a variety of types of plants and other fish. This symbolizes the importance of embracing individuality and celebrating diversity, reflecting self-advocacy.



### 3. Empowerment and Self-Expression:

The Beta Fish, the beautiful warrior uses its voice. This visualizes the idea of using your voice and expressing yourself confidently, emphasizing empowerment and self-expression, thus self-advocacy in action.



I am strong and capable.

My voice matters, I have rights to express my thoughts.

I am not defined by my past mistakes, but my strength and resilience.

4. Balance and Harmony: The Beta Fish, the beautiful warrior peacefully coexists with other elements, such as plants or other fish species. This represents finding balance between advocating for oneself while considering the needs and perspectives of others.










Just like a sailboat navigating through challenging waters, self-advocacy enables youth to propel themselves forward. By practicing and utilizing these 15 self-advocacy strengths, they can effectively steer through any obstacles that come their way and create outcomes of well-being.



# to Know, to Have, and to Use in a career (for success)

Check the ones you see as your strength.

Worksheet Two

 ✓ SELF-AWARENESS	 CONFIDENCE	 Self-regulation
 Trustworthy	 Conscientious	 Adaptability
 Motivation	 Initiative	 Empathy

## Fifteen definitions of Self-advocacy Strengths

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-  6. Adaptability: The ability to adjust and thrive in changing environments or circumstances, being flexible and open to new ideas or approaches.
-  7. Motivation: The internal drive or desire that leads to action, persistence, and goal achievement.
-  8. Initiative: Taking the lead or being proactive in identifying and addressing problem opportunities, showing a readiness to act without being prompted.
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-  13. Building Bonds: The ability to establish and maintain positive relationships or

## Self-advocacy Strength Matching Worksheet Three

Read the numbered item and write in the space the matching term

- Setting long-term goals and breaking them down into smaller steps, creating a plan to achieve them.
- Volunteering at a local charity or organization that supports a cause you are passionate about, helping others in need and showing empathy towards their struggles.
- Taking time each day to reflect on your thoughts and emotions and journaling about them to gain a better understanding of yourself.
- Keeping your promises and being reliable to friends and family, showing that they can trust and depend on you.
- Actively participating in group projects, respecting diverse perspectives, and contributing their strengths to achieve shared goals.
- Use stress management techniques, such as deep breathing or taking breaks when needed.
- Trying new activities or hobbies that push you out of your comfort zone and help you become more flexible in different situations.
- A college student can respond to conscientiousness by being diligent in their studies, submitting assignments on time, and paying attention to detail.
- A college student participates in class discussions and sharing their opinions. They can also seek out mentors or advisors who can provide guidance and support.
- Participating in community service projects to give back to your community and make a positive impact on those around you.
- An employee takes on additional responsibilities, or goes the extra mile to ensure the success of a project or team.
- A nonspeaking autistic young woman uses her iPad device to keep on task, to text her supervisor and team about tasks to do and concerns at work. This ensures that information is conveyed accurately and promotes effective teamwork.
- Staying informed about current events and political issues, engaging in discussions or debates, and considering joining a political group or organization that aligns with your beliefs.
- Leads by example, actively listens, and provides constructive feedback.
- Taking the time to nurture and develop strong relationships with friends and family, engaging in activities together, and actively listening to their needs and concerns.

- Initiative
- Influence
- Self-awareness
- Self-regulation
- Trustworthiness
- Team Cooperation and Collaboration
- Motivation
- Empathy
- Building Bonds
- Communication
- Service
- Self-confidence
- Conscientiousness
- Adaptability



## Read how these young adults with challenges used self-advocacy skills to thrive on their job.



1. Emotional Self-Awareness: After starting her first job, Tabatha, a recent graduate, acknowledges her tendency to feel overwhelmed and anxious when confronted with unfamiliar tasks and responsibilities. Utilizing new techniques for self-advocacy, she dedicates time to comprehending her emotions and seeks assistance from her manager or mentors whenever necessary. By acknowledging and understanding her emotions, she is able to effectively advocate for herself by requesting guidance and support, thus enabling her to navigate the obstacles of her new position more successfully.



2. Self-Confidence: John, a recent addition to the sales team, possesses positive beliefs in his capabilities and the value he can bring to the company. When it comes to engaging potential clients individually, he does so with confidence. However, he encounters difficulty when presenting his ideas to larger groups during team meetings. To overcome this challenge, John's supervisor assigned a dependable colleague to assist in sharing his ideas during these sessions. By adopting a team approach, John takes ownership of his sales targets while showcasing his skills. Through his self-confidence, he actively advocates for himself with a coworker approach establishing credibility and attaining triumph in his role.



3. Self-Regulation: Lisa, a project assistant at the beginning of her career, finds herself in a challenging situation where she must juggle conflicting priorities and meet tight deadlines. In order to handle the overwhelming pressure and reduce stress, she is paired with a coworker/mentor who offers guidance and support. Working together, they establish clear expectations and prioritize tasks, enabling Lisa to effectively manage her time. By staying at ease and focusing on the tasks at hand, Lisa advocates for herself by consistently collaborating with a team member, meeting deadlines and delivering work of exceptional quality.



\*7. Motivation (Commitment): Jessica, an entry-level marketing role, is passionate about her work and eager to grow. She sets ambitious goals, but gets discouraged when the daily or weekly schedule of actions overwhelms her to get it all done, even when she works from early morning to late of night. Her supervisor advised her to stop working each day and take care of herself, her needs, and spend time with the people she loves. Through self-awareness of her needs, she advocates for herself by demonstrating her dedication to her job and to herself.



8. Initiative: Alex, a customer service representative, demonstrates a proactive approach in improving customer support processes. He takes the initiative to suggest innovative strategies, propose training programs for his colleagues, and implement feedback mechanisms to enhance overall customer satisfaction. Through his proactive behavior, Alex advocates for himself by showcasing his exceptional problem-solving skills and unwavering dedication to delivering excellent service. This commitment to continuous improvement not only brings recognition but also increases his chances of advancement within the company.



9. Empathy: Susan, a recent graduate working in a human resources training new employees at local grocery stores. Having autism herself, she understands the importance of empathy in the workplace. She trains employees to meet shoppers' needs in the store and in checking out their groceries and helping mothers with children out to the car. She actively listens to employees' concerns, provides support, and

## Read how these young adults with challenges used self-advocacy skills to thrive on their job.



4. Trustworthiness: Mike, a junior analyst, consistently upholds principles of integrity and reliability in his work. He adheres to ethical guidelines, ensures confidentiality, and consistently delivers precise and dependable analyses. However, he is particularly sensitive to loud and heated discussions in the workplace. Recognizing the importance of creating a conducive environment for Mike, he advocated for a quiet and calm workspace with minimal distractions and sensory triggers. His supervisor, acknowledging Mike's trustworthiness and respect for his colleagues and superiors, agreed to this request. Through his advocacy, Mike may open up new opportunities and responsibilities for himself.



\*5. Conscientiousness: Emily, a newly hired quality control inspector, exhibits exceptional attention to detail and takes pride in her work. She meticulously examines products for any defects, strictly adheres to protocols, and diligently records any identified issues. Although she was offered a promotion, Emily expressed her reluctance to take on additional tasks as she excels in her ability to spot small details. Recognizing the perfect fit between Emily's job responsibilities

## Read how these young adults with challenges used self-advocacy skills to thrive on their job.



10. Service Orientation: Mike, an entry-level employee in the hospitality industry, has a strong commitment to providing exceptional service to guests, despite being a nonspeaking autistic young man. Recognizing his unique communication needs, his manager, along with a job coach, trained his coworkers to utilize visual schedules to enhance Mike's understanding of his tasks. In using these visuals and tools, Mike advocates for himself and goes above and beyond to exceed expectations. Mike showcases his dedication to his role. As a result, the company recognizes Mike as a valuable employee,

drjackie



11. Political Group Awareness: Rachel, a recent graduate is employed by a private organization that focuses on climate change projects. Her role is dependent upon her recognition of the significance of political dynamics within her field. She believes she is perfect for this role because she has previous experience in volunteering for public awareness about climate change. She actively stays informed about key stakeholders, their interests, and the power dynamics at play. By cultivating a strong political awareness, she becomes a vocal advocate and takes on a leadership role in organizing events, forging alliances, and ensuring her objectives align with the broader goals of the organization.



12. Influence: Josh, a sales representative at the entry level, demonstrates exceptional persuasive abilities. He clearly communicates the advantages of his products to prospective clients, substantiates his claims with data and evidence, and establishes trust. Leveraging his influence, he advocates for his own worth by convincingly demonstrating the value he brings to

# Read how these young adults with challenges used self-advocacy skills to thrive on their job.

## Worksheet

Four

From 5 anecdotes, choose one you identified with: the challenges, career interests, or how they used a self-advocacy skill.

Write what you liked about and learned from the anecdote.



**13. Communication** - Sarah, a recent graduate employed in a marketing position, faces challenges in effectively communicating her ideas due to her autism. Maintaining eye contact is particularly difficult for her. However, she compensates for this by excelling in creating clear and concise multimedia content. Despite her communication struggles, Sarah actively participates in team meetings and listens attentively. She has a remarkable talent for problem-solving and is not hesitant to advocate for herself with her manager and coworkers. Consequently, her ideas are not only heard but also understood and valued. Recognizing her exceptional abilities, Sarah has been selected for important projects and is being considered for further growth opportunities.



**14. Building Bonds**: David, an early student entry-level employee in a law firm, understands the importance of building strong relationships with colleagues and clients. He worked as an intern in his father's firm and learned from the best. He actively seeks opportunities to connect with others, shows genuine interest in their work and perspectives, and maintains a positive and approachable demeanor. By building bonds, he advocates for himself by creating a network of supportive colleagues and clients, which can lead to mentorship, collaboration, and career advancement.



**15. Team Capabilities (Collaboration and Cooperation)**: Emily, a recent graduate working in a project management role, recognizes the importance of teamwork. She has always loved physical activity outdoors working. She applied her interests and actively collaborates with team members, shares knowledge and resources, and ensures everyone's contributions are valued. Through her collaborative and cooperative nature, she advocates for herself by fostering a positive team environment, making progress on project goals, and being recognized as a valuable team player.

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## Become Your Own Best Self-advocate: Strength Statements to Say to Yourself

- 1 I am strong and capable of overcoming any challenges that come my way.
- 2 My voice matters, and I have the right to express my thoughts and opinions.
- 3 I am deserving of respect, and I will stand up for myself and my boundaries.
- 4 I embrace my uniqueness and celebrate my individuality.
- 5 I am in control of my own life and will make choices that align with my values and goals.
- 6 I am resilient, and every setback is an opportunity for growth and learning.
- 7 I am deserving of love and kindness, both from others and from myself.
- 8 I believe in myself and my abilities to achieve my dreams and aspirations.
- 9 I am not defined by my past or my mistakes, but by my strength and resilience.
- 10 I am a beautiful warrior, standing tall and advocating for myself with grace and confidence.

Remember self-advocacy skills can be developed over time. By repeating these empowering words and believing in them, you can cultivate a mindset of resilience and self-empowerment.

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# Safe and Strong at Work

## What Do You Need?

A Self-advocacy Checklist for Early Career Youth



I was hired and scheduled to work alone, & I am alone each day for lunch and breaks.  
**I need attention and connection with other coworkers.**



When I am in the same small space for too long, I get frustrated and anxious.  
**I need to move around.**

I get overwhelmed with a project deadline  
**I need to work with a coworker for support.**

I work with high anxiety to create marketing plans. Working from 8:30 am to 9 pm, I need guidance when to stop working, and ideas to fill my day with self-care and family.

I get worried and frightened when I have a set back in my home life.  
**I need someone to talk to.**

As a nonspeaking autistic employee, I feel anxious at our team meeting. I need someone to introduce me.

I know when I feel a meltdown coming.  
**I need to be allowed to have a break and talk to someone.**

I am so good at detailed work, my boss wants to promote me. I love my job. I need to advocate to stay where I am.

I am a nonspeaking autistic employee with lots of capabilities.  
**I need to have visual schedules and coworkers who understand me.**

I am terrified when I or someone else gets bullied or spoken to with sarcasm.  
**I need to feel safe at work.**

I struggle giving eye contact.  
**I need to talk with my boss that I have great ideas to express in written communication**

I get high anxiety when a patron at my art show wants to talk to me about my art. I need someone to step in and talk while including me.

I don't know how well I am doing my tasks. I need encouragement and validation.  
**I can ask for evaluation.**

I feel anxious when learning new tasks.  
**I need additional training at a slower pace. My job coach will talk with my boss.**

When I get thirsty, I can't focus.  
**I need be able to get a drink**

I had a meltdown at the cash register, in front of customers.  
**I need a go-to person to help me trouble shoot. I can ask for help.**

I struggle with loud disruptive discussions in the workplace.  
**I need quiet and calm workspace with minimal distractions. I can ask for a quieter space.**

Neurodivergent, autistic, and disabled youth and young adults

## Build Your Own Unique Path Using Your Self-advocacy Strengths

WORKSHEET Five

Answer the questions. Use the previous posters, worksheets and your answers to the self-advocacy strength assessment to write your SAFE Self-advocacy Plan.

1. Ask yourself, "What self-advocacy strengths do I have going for me?"  
Also list what you have: strengths, skills, positive experiences and people who believe in you and want the best for you.

Write here...

## Practice Using Strength Statements.

Worksheet

Six

2. Ask yourself, "What do I know about the usefulness my strengths and challenges offer to help me learn, grow, experience and pursue the path to my goals?"

3. Name your goal or what you will do to explore a goal. Create a plan that includes your strengths, skills, and positive experiences to help you move forward goals?

My Goal

Name your strengths, skills and positive experiences to help you

4. As you stay committed, reflect on your progress and the self-advocacy strengths that will help you make progress toward your goal. Consider practicing new self-advocacy strengths, seeking supports and arranging them in place to help you succeed. Journal or use visualization such as, a vision board to keep you focused on your goal. Good Luck!

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## Worksheet Seven

### Self-advocacy: Your Story Yet Untold

In the depths of emotional exhaustion's grip,  
Where stress and doubts threaten to strip,  
The will to advocate for oneself, to strive,  
Resilience emerges, keeping dreams alive.

Through the maze of setbacks and strife,  
A maze of challenges we navigate in life,  
Fear may whisper, urging us to retreat,  
But self-advocacy, a bold stance we'll meet.

With acceptance as our guiding light,  
We gather courage, ready for the fight,  
Connecting with others who understand,  
Their support like a comforting hand.

New opportunities, like sunbeams break through,  
Bringing hope and strength to pursue,  
Bravery becomes our trusted ally,  
As we grow, learn, and reach for the sky.

In moments of self-reflection so profound,  
We embrace the lessons we have found,  
Appreciating where we've been, our past,  
For it shaped our resilience that will forever last.

So let us stand tall, unyielding and bold,  
Self-advocacy, a story yet untold,  
With resilience as our unwavering guide,  
We'll overcome, with determination as our stride.

~Jackie Marquette with AI



After reading the poem, *Self-advocacy: Your Story Yet Untold*, answer the self-reflective questions 1 - 10. Share your answers in a peer group discussion.

1. What emotions does the poem evoke within you?
2. Have you ever experienced a time when stress and doubts threatened to strip your will to strive? If so, how did you overcome it?
3. How do you interpret the concept of resilience as portrayed in the poem?
4. Is there a particular line or phrase in the poem that resonates with you? Why?
5. Have you ever felt the need to advocate for yourself in a challenging situation? How did you go about it?
6. How does the idea of connecting with others who understand resonate with you? Can you recall a time when such connections provided support or comfort?
7. Reflecting on the poem, do you feel inspired to embrace new opportunities and face challenges with bravery? Why or why not?
8. How does the concept of self-reflection and appreciating one's past experiences resonate with you? Can you think of a specific moment where reflecting on your past helped shape your resilience?
9. Do you agree with the notion that self-advocacy can be a powerful tool for personal growth and empowerment? Why or why not?
10. How does the poem encourage you to embrace resilience and determination in your own life?

# Unleash Your Self-Advocacy Superpowers:

## Uncover and Harness Your Strengths for Success in School and the Workplace

71 scenario based questions, 16 pages  
PDF FILLABLE or Printable

ANSWER SHEET



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ANSWER KEY



 Jackie Marquette Ph.D

11 pages with worksheet  
PDF FILLABLE or  
Printable



 Jackie Marquette Ph.D



Hi - I'm Jackie,

I create digital tools to empower and inspire youth on their career and life journeys. My S.A.F.E. tools equip neurodivergent, autistic, and challenged youth with self-advocacy skills, fostering security and self-assurance.

With my diverse background in teaching, research, and leadership, I developed career programs for schools and agencies, helping young individuals explore options and make informed decisions.

For over 35 years, I've witnessed the barriers faced by youth and I personally experienced the barriers with my autistic son, emphasizing the importance of necessary tools all youth must have navigate disabling environments. Thrive Career Coaching is available online. Let's work together to guide youth towards resilience and thriving through self-advocacy.

Sign up [here](#) for free resources and to access new tools I create with updates.

