Transitions · Thursday · Gold · 7th period

Speak Up for Me



TODAY'S PLAN

👋	Check In	**11:00–11:10**	10 min
🔁	Last Time	**11:10–11:15**	5 min
📣	Learn the 3 Steps	**11:15–11:25**	10 min
🎬	Video	**11:25–11:29**	4 min
🃏	Best Ask?	**11:29–11:37**	8 min
✏️	Plan + Role-Play	**11:37–12:10**	33 min
📁	Reflect + Exit	**12:10–12:20**	10 min

Opener

Check In



Show your energy:

✋

1 to 5

Tell a partner:

🤦

one time you asked for help.

Last Time · Explain & Apply

Last Time: My IEP Prep Page



1️⃣ **Explain:** What is the difference between a strength, a goal, and a support?

2️⃣ **Apply:** Say your 30-second intro line: “It helps me when _ _ _.”

3️⃣ **Apply:** “Directions work best when someone shows me first.” Strength, goal, or support? Why?

Last Time · Answers

Check: Last Time



⭐ Strength = I already do it well. 🎯 Goal = I'm working toward it. 🧰 Support = it helps me learn or work.

🗣️ “It helps me when ___.” is how I tell people my support.

🧰 Support! It tells people how to help me.

Learn

What Is Self-Advocacy?



Self-advocacy = speaking up for what I need. 🙋

I use it at school, at work, and in the community. 🏫 🛒 🚌

I stay calm and polite. 😊

Learn

Speak Up in 3 Steps



1. **Start politely:** “Excuse me, _____.” 👋
2. **Say what I need:** “I need _____.” or “It helps me when _____.” 🧰
3. **Say thanks + check:** “Thank you. So I should _____?” 🙏

Learn

How I'll Be Scored Today



Polite start

Excuse me / name



Clear need

I need _ _ _



A reason

because / it helps me when



Calm voice + thanks

Look up, say thank you

🎬 Video · 3:27

Self Advocacy

Scan to watch

Transition Abilities

⏱️ 3½ minutes · captions on

👂 Listen for: one way a person says what they need.

https://www.youtube.com/watch?v=z2sJ8KmH8ro

Practice

Which Ask Is Best?



Read both asks. 👀

Hold up 1 or 2 fingers:

☝️ Ask A

✌️ Ask B

🃏 Card 1 of 3



You don't understand the directions. A: “This is dumb. I don't get it.” B: “Excuse me, can you show me the first step?”

Vote!

☝️ Ask A

✌️ Ask B

✅ Answer · Card 1 of 3



Ask B!

Polite start, clear need. ✅

🃏 Card 2 of 3



You feel overwhelmed at work. A: “Excuse me, I need a 2-minute break. Can I take it now?” B: You walk away without saying anything.

Vote! ☝️ Ask A ✌️ Ask B

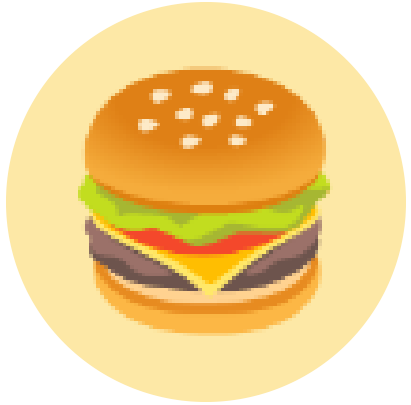
✅ Answer · Card 2 of 3



Ask A!

You told your boss what you need and asked first. ✅

🃏 Card 3 of 3



Your food order is wrong. A: You eat it and feel upset. B: “Excuse me, I ordered no onions. Can you fix it, please?”

Vote! ☝️ Ask A ✌️ Ask B

✅ Answer · Card 3 of 3



Ask B!

Speaking up kindly gets you what you paid for. ✅

Recap

Recap: Strong Asks

👋 Start politely

- “Excuse me…”
- Use their name

🧰 Say the need

- “Can you show me…?”
- “I need a break.”
- “Can you fix it?”

🙏 Thank + check

- “Thank you.”
- “So I should ___?”

Practice

Plan My Role-Play



Pick 2 scene cards. 🃏

Write what you'll say for each step. ✏️

Practice once in a whisper. 🤫

Use your support from your IEP Prep Page. 🧰

Assessment

Role-Play Time!



Act out your 2 scenes with a partner or staff. 🤝

Staff will check the 4 parts. 📋

Audience: quiet eyes, then one 👍 thing they did well.

Assessment

Scene Ideas



🧑‍🏫 Directions went too fast · 📢 Room is too loud

🛒 Boss gives 3 jobs at once · ⏳ I need my extra time

🍔 My order is wrong · 🚌 I don't know my bus stop

Wrap-Up

Unit 1 Reflection



Check what you **can do** now. ✅

File it in **Tab 3A: All About Me**, with your IEP Prep Page. 🗂️

You finished Unit 1! 🎉

Unit 1 Complete!

Great Work!



Exit: “One thing I can speak up for is ___.” 🗣️

Monday: Unit 2, Independent Living. 🏠

Binders away. Line up for lunch.