

Self-advocacy: Asking for help

Asking for help is an important part of self-advocating. Even though it mightn't seem like it, the most confident people in society are the best at asking for help.

It can sometimes be difficult to ask for help if you find that the help you are often given hasn't been that helpful. There are lots of ways to ask for help and lots of different types of help you can ask for.

Let's look at one way you can ask for help:

How do I ask for help?

Remember 3 things:

Recognising

Identifying

Communicating

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1. The first step is **recognising** that you need help. This means understanding that involving someone else will make the situation more manageable. This takes practice. It's ok for this to take a bit of time if you're used to figuring things out on your own. Trust your instincts and if it feels overwhelming to deal with something alone, then it might be time to ask someone you trust.

2. The second step is **identifying** the type of help you need. Do you want someone to listen, to create a solution, do something for you or another option? It's important to know what we want when asking for help so we are communicating our needs clearly.

3. The last step is **communicating** your need for help. This can be by putting up your hand in class, asking to speak to someone or if you are very familiar with someone they may be able to read your body language when you need help. This is the most difficult step, but the more often you do it, the more comfortable you will feel doing it.



Can you write the names of people in your life who are helpful when you need them?

Can you think of someone who doesn't usually help you the way you would like?

What do you think makes their approach to helping you different or less effective than the people you feel help you?



When the help isn't quite right

Often people assume that Autistic people need more help than their peers. This assumption can mean that they think they know what's best for Autistic people and so they try and help them in ways that they don't need or ask for. Realistically, *everyone* just needs help but with different things.

Can you think of a time when someone helped you but you didn't need their help?

Were you able to explain that you didn't need their help? If so, how did you explain it? If not, how could you have?



Have you ever needed help, but the help you got wasn't the type of help you needed?

Is there anything else you would like people to know about your needs? You can share it here:
