

Notice • Prove • Request • Reflect Poster

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Use the four-step self-advocacy cycle as a classroom or home reminder.

Post this cycle where you learn. Notice what you need. Prove it with evidence. Request respectfully. Reflect on whether the change helped. Then the cycle begins again with a new goal.

Your steps

1. Read each step of the cycle.
2. Add your own example under each step.
3. Color or decorate the cycle if you like.
4. Display it where you will see it.

1. The self-advocacy cycle

Follow the arrows around the cycle. Draw an icon for each step.

NOTICE · What do I need?	PROVE · What is my evidence?	REQUEST · How will I ask respectfully?	REFLECT · Did it help? What next?

2. My example for each step

Write a short example from a pretend or real school situation.

I noticed...	My evidence was...
I asked...	I reflected...

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Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. Our class promise

Write a promise about how your class will treat requests for challenge and support.

In our class, asking for challenge or support is...

We listen to requests by...

My next step

The step I find hardest is... One way to practice it is...

Optional stretch · Grades 6–8

Design a version of the cycle for a group project. What changes when a whole team advocates together?

Optional teacher / parent follow-up: Display as a neutral reminder. It applies to every learner and to requests for support as well as challenge.