

Subtopic 2: Who Chooses?

Choice & Self-Advocacy

Sometimes we pick what to do—and sometimes adults in our lives (parents/guardians or teachers) decide for us. Today we're going to talk about how we make choices, and how to speak up about things we like or want to do or try.

Student Goals:

- Understand that kids often make choices under the guidance of adults.
- Learn to express what they enjoy or don't enjoy.
- Practice self-advocacy with respectful words.

Timeframe

Flexible timing/adaptable format: Can be completed in short segments or extended across multiple sessions.

Opening:

Make a picture that shows what kind of kid you are in your free time.

Example Conversation Starters

- "Who picks your after-school activities or camps and how often you have them?"
- "Do you like what you do? Would you change anything?"

Activity Options

Discussion:

- "Would you rather pick your activity, or let someone else choose it for you? and Why?"

Draw Your Ideal Afternoon/Weekend

- What do you love to do? What would it look like if you got to choose your afternoon or weekend? A Yes Day (show the trailer from the movie Yes Day- and discuss)

Discussion and Role Play: Suppose you were not allowed to do the activity you want to do, how would you negotiate with your adult what you want to do? Have students come up with things they might say to advocate for themselves.

Take-Home Prompt:

- “Ask an adult to name something *they* liked to do as a kid—and share something you’d like to do together or try!”