



THE ADVOCACY ANCHOR: CORE VALUES CLARIFICATION

Confidence in advocacy doesn't come from knowing all the answers; it comes from knowing exactly what you are fighting for. When you anchor your requests in your core values, the fear of "being difficult" disappears. Use this worksheet before any high-stakes IEP, medical, or administrative meeting.

Step 1 - Identify Your Non-Negotiables

Create a grid or a list with checkboxes using your Green or Gold accent colours.

Step 1: Circle your Top 3 Core Values for this specific situation. (When this meeting is over, which values must be upheld for you or your child?)

- **Autonomy:** The right to make choices and have control over one's body/path.
- **Inclusion:** Meaningful participation alongside peers.
- **Safety:** Physical, emotional, and sensory protection.
- **Equity:** Receiving the specific tools needed to level the playing field.
- **Respect:** Being spoken to and treated with dignity, regardless of neurotype.
- **Transparency:** Honest, clear communication without hidden agendas.
- **Peace:** Protecting the household's nervous system and bandwidth.
- **Growth:** Access to environments that foster actual development, not just babysitting.
- **Other:** _____

Step 2 - Define the Violation and the Vision

Could you take your #1 Core Value from above and apply it to the upcoming meeting?

The Violation (What is happening right now?): If my core value is [Insert Value], how is the current situation or lack of support violating this value? (e.g., "My value is Safety. The current fluorescent lighting and lack of a quiet space are causing daily sensory meltdowns.")

The Vision (What does honouring this value look like?): What specific, measurable accommodation or action would prove this value is being respected? (e.g., "Honouring Safety means securing a written IEP accommodation for a 5-minute early class dismissal and a designated quiet room.")

The Violation

The Vision

Step 3: Your Advocacy Anchor Statement.

Fill in the blanks. Read this to yourself in the car or the waiting room before you walk in. If the meeting gets derailed, return to this statement.

I am stepping into this meeting today to advocate for [Child's Name / Myself]. I am not here to be well-liked; I am here to secure [Insert Core Value]. I will not apologize for taking up space or asking for [Insert Specific Vision/Accommodation], because it is a fundamental need, not a favour. If I feel overwhelmed, I will take a deep breath, look at my notes, and remember my purpose."