

People First of West Virginia

“Speaking Up” Checklist



This Checklist will show you areas in your life that you may need to practice self-advocacy skills by speaking up and letting your voice be heard. Select Easy or Difficult to best describe how you currently feel.

Name: _____

Street address: _____

City, State, ZIP: _____

Phone: () _____ - _____ E-mail: _____

I can speak up and give my opinion:

In my home Easy Difficult

To my family Easy Difficult

To friends Easy Difficult

To my staff Easy Difficult

To my co-workers Easy Difficult

To my peers Easy Difficult

To other board members Easy Difficult

At my IPP meeting with my team Easy Difficult

To Legislators Easy Difficult

At the Capitol Easy Difficult

To the news media Easy Difficult

I can speak up and give my opinion:

In front of a small audience	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
In front of a large audience	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
Online – Facebook, Blogs, Twitter, Emails	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
In a letter	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
In front of a video camera	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
With an audio recorder	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
At doctor's appointment	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
At a fast food restaurant	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
To a waiter/waitress (server)	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
At church	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
At school/trainings/classes	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
At the grocery store	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
With my transportation needs	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
When I disagree with the media's opinions	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult
When my opinion is different from those around me	<input type="checkbox"/> Easy	<input type="checkbox"/> Difficult

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