

I NEED HELP!



What is a self-advocate?

Self-advocacy is asking for support in order to solve a problem we are facing.



I can...

1. Explain how to protect my teeth from injuries;
2. Describe how to take care of my mouth and teeth; &
3. Identify when someone is experiencing a dental health problem.

Example: "I need help!"

"My brother and I share a bedroom and most of the time, it's great. We like the same things and we get along pretty well. Since I'm older I tend to stay up a little later than he does - he's usually asleep by the time I'm trying to fall asleep. Unfortunately, my brother grinds his teeth. It's so annoying and loud and it keeps me awake. Sometimes, the noise even wakes me up in the middle of the night."

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<i>"My brother is grinding his teeth grinding."</i>	<i>"I need help with this because the noise is keeping me awake and maybe the teeth grinding isn't good for his teeth."</i>	<i>Many kids grind their teeth. It's not usually a problem, but it could hurt. Some kids need a mouthguard from a dentist if they grind their teeth.</i>

For your group's situation:

1. What is the problem?	2. Can I solve this problem on my own or do I need to use self-advocacy to seek support from others?	3. How can this behavior cause oral or dental injuries?



Sport Mouth Guard vs. Dental Mouth Guard

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Coming up in next lesson...

WHO can help us keep our teeth safe and healthy;

HOW can they help; and

HOW can we can effectively ask for the help we need?



Show What You Know:

We know that brushing and flossing teeth is healthy and necessary every day. How **ELSE** can you keep your teeth safe and healthy?



WHO CAN HELP?



I can...

1. Name people who will help with tooth/
mouth problems
2. Ask for help that I need.

What help is needed?

Situation: *“My mouth hurts around a few of my teeth and my gums bleed near that spot sometimes, too.”*

Imagine that you are the person who said this.
Finish this sentence:

“I need help with _____
because _____.”

And then fill in this blank:

- Identifying when you need help is the first step of being a self-_____.

Strategies to Ask for Help

Approach in-person	You forgot your phone and need to call your mom. You ask your friend to borrow their phone.
Ask if it is the right time	Your sister is on the phone with her boss but you are hungry and want a snack, You say "is now a good time to ask you a question?"
Call	You see smoke at your neighbors house. You call 911.
Write a note, email, or text	You start feeling sick at school. You text a family member to come get you.
Use non-verbal communication	Your friend falls in the hallway, You see a teacher at the end of the hall but they can't hear you. You wave your arms in the air to get their attention.

Example:

“When I get home from school, I’m carrying my backpack, my lunch bag, sometimes my water bottle and sometimes my coat – it’s a lot of stuff. Because I’m the first one home from school, I have to get the mail and unlock the house, too. I use every possible body part to hold all of my stuff...including my teeth!”

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The person I will ask for help from is my neighbor.

The strategy I will use to ask for help is non-verbal communication by waving my hands so they see I need help.

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I will ask for support by saying “can you please help me unlock my door so I don’t have to use my teeth to hold my stuff?”



Coming up in next lesson...

HOW can I advocate for the health of others?





Show What You Know:

WHO would you ask for help if you needed help keeping your teeth healthy?;

WHY would you ask this person?; &

HOW would you ask this person?

WE CAN HELP!



I can...

Encourage and support other people to make healthy choices.



Which faces show a person who might need help with something?
Circle them.

Angry



Excited



Happy



Scared



Sad



Cool



Sleepy



Silly



Loved



Video:



How do you feel when
you offer someone
help?



How can giving to others make the community stronger?



Are there ever times
when you shouldn't
offer help?



Is it okay for someone to say they don't need your help?



Being an Advocate

1. Ask to help
2. Determine how to help
3. Take Action

Imagine that your friend's tooth is bleeding and hurting after a crash with another classmate during PE. What will you say and do to act as an advocate?

- 1.
- 2.
- 3.





Show What You Know #1:

How can you advocate for your own dental health?





Show What You Know #2:

How can you act as an advocate for other people's health and well-being?

