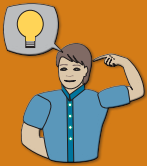
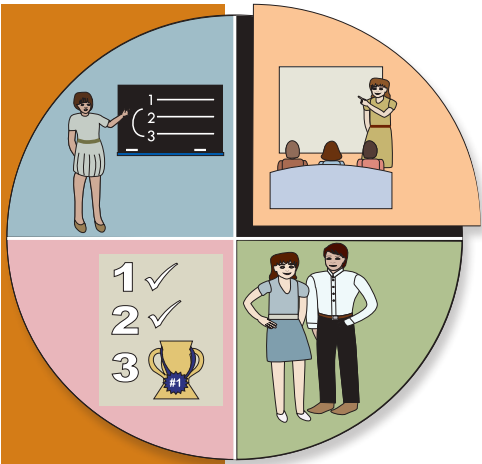
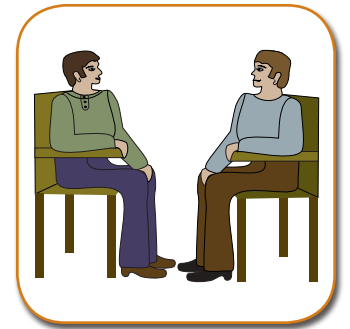


# LISTENING & SPEAKING

## Accepting Advice



### THINK

#### Set the Goal

Think about what advice you want from a trusted friend.

### PLAN

#### Take the Steps

Create a way to meet with your friend.

### DO

#### Make it Happen

Prepare your questions. Meet with your friend and take advice that is right for you.



NAME

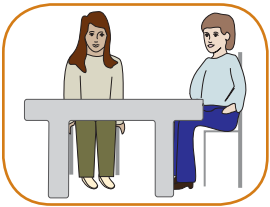


# Tommy's Story



**THINK:** Tommy had a goal to do volunteer work with the elderly in a hospital. He wanted to help out by bringing them coffee and magazines or walking with them. Tommy was not sure how to get started and wanted advice from a trusted friend.

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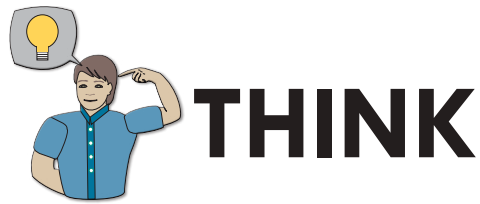
**PLAN:** Tommy decided to meet with his trusted friend for advice. He had questions about volunteering. Tommy knew he needed to listen carefully and accept advice. He wanted to be ready to talk about his volunteer goal and questions.

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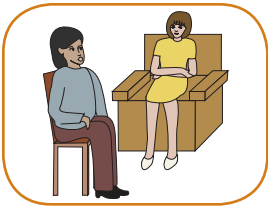


**DO:** Tommy met with his friend and had his questions ready. His friend gave Tommy lots of good ideas. He took some of the advice and found a hospital to be a volunteer. Tommy is now ready to carry out his goal to do volunteer work with the elderly.

# Setting the Goal



What do I want advice about?

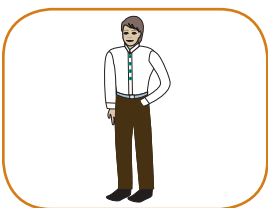


A trusted friend is someone who:



- Knows and cares about me.
- Gives advice without telling me what to do.
- Listens to me and is respectful.
- Will advocate for me.

A trusted friend who can give me advice:



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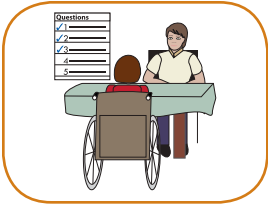
Name of person

# Taking the Next Steps

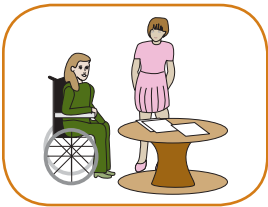


## PLAN

How do I prepare to get advice?



- Arrange to meet with my trusted friend.
- Know what I want advice about.



- Have my list of questions ready.
- Take notes, with support.

Questions I would like advice on:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Making It Happen



I will start my plan:



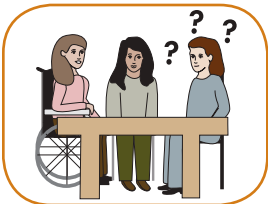
Date

**Before** I meet with my trusted friend:



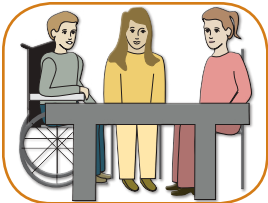
- Make a list of questions for advice.
- Arrange to meet with my friend.

**At** my meeting, I will:



- Share what I want advice on.
- Ask my questions.
- Listen carefully and take notes.
- Take action on advice that is right for me.

I will get support from:



- Friend
- Family
- Support Person

Name: \_\_\_\_\_