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| **Session 5: “Tell You What I need” Activity** |
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Role Play Activity about a concern you have related to health and wellness.

Work in pairs, two of you. Each of you pick a role; one person with the concern, one person to whom s/he is talking. This can be based on our earlier activity or can be something else about health and wellness that you want to talk about.

Pick one problem that you have experienced and develop a two minute discussion with someone whom you think can help make changes. Identify each of you, either your name or by position or title. You will have made an appointment with this person, said you will not take up much of his/her time but would like to meet to discuss a concern.

Present what you have to say in a more personal manner than the formal testimony but otherwise use the same format. Be prepared to answer questions.

End by thanking him/her for the opportunity to meet, offer to come back if s/he would like you to talk with others about this, and ask when the person you’re talking to thinks some changes may be made to address the problem you have had. Hand him/her your Partners’ business card.

Here are some guidelines for the presentation:

Know how to address the person you are speaking to: is it Mr., Mrs., Doctor, first name, Councilman or what?

Introduce yourself – are you a patient here, member of this rec center, recipient of these services? If relevant, give your ward.

What you have come to talk about and the need for this service/who benefits from it

Who is affected by this issue - Give any facts or stats on how many people like you are using this facility/service (be sure you are correct – for this activity we will pretend you have researched this). If there are any laws associated with this you can mention them here (ex. ADA requires public building, such as rec centers, to be accessible)

BRIEFLY tell your story/experience and what needs to start or stop

Ask for questions s/he may have and offer to come back if s/he would like you to talk with others about this

If s/he hasn’t already talked about next steps, ask when changes may be made to address the problem you have had.

Hand him/her a summary of what you just said and suggested along with your card/contact info so s/he can get back in touch as needed

Thank you for the opportunity to talk with you and give him/her your card.