

Be Fit with Friends Messaging Plan
Chronological Order

Message Code	Send Date	Send Time	Group(s) <i>G=girls, P=parents, S=staff T=troop leaders</i> <i>C=Comparison Girls</i>	Mechanism <i>B=broadcast, P=Poll</i>	Message	Character count w spaces (160 max)
Kickoff						
Kickoff	1/29/11	1030	G, P, S	B	Girl Scouts welcomes you to Be Fit with Friends! We hope you have a great time at today's BFF kickoff!	
Kickoff	1/29/11	1230	G, P, S	B	We hope you enjoyed the BFF kickoff.	
Kickoff	1/29/11	12:30	G, P, S	P	What was your favorite activity? Reply with the vote number as your answer. 90051 zumba 90052 FlexiFun/Yoga 90053 Time for Recess! 90054 Kinect & Wii	
Week 0						
CAG1	2/3/11	1900	G, S	B	Hit the bullseye! Try archery next Saturday (Feb. 12 th) with your BFF friends. You'll be surprised how fun using a bow and arrow can be! See you there!	151
CAGP1	2/3/11	1900	P, S	B	BFF Event: FREE archery lesson for your daughter next Saturday (2/12) 10a-12p at Boys & Girls Club of S.A. (Calderon). Talk to your G.S. leader to sign up.	155
KA1a	2/5/11	1200	G, S	P	Hey BFF girls! Which BFF activity gives you the most points? 1. BFF Sessions 2. On Your Own Activities 3. BFF Community Events 4. PA Mobile Unit	144
KA1b	2/5/11	1800	G, S	B	Hello BFF Girls! If you picked Community Events as the answer then you're correct! You get 30 points for going to a Community Event. Thanks for participating!	158
Week 1						
IPC1	2/9/11	1800	G, S	B	Cold outside? Get active INSIDE - crank up the tunes and dance! (dance for 30 min and earn 10 BFF points!)	106
IPB1	2/9/11	1800	P, S	B	BFF Parent Tip: If girls are trying new sports at school or home praise them for their efforts! "I'm proud of the great job you are doing in your exercise!"	157
GE1	2/9/11	2000	G, S	B	BFF Girl Power: It doesn't matter who you are, where you come from. The ability to triumph begins with you. Always. -Oprah Winfrey	133
IPF1	2/10/11	1800	G, S	B	BFF- Did You Know? Exercise boosts brainpower! It also increases energy, concentration, grades and self esteem!	111
CRP1	2/10/11	1800	P, S	B	BFF Event Reminder: FREE archery lesson this Saturday (2/12) 10-12p for your daughter @ Boys & Girls Clubs of SA- Calderon. Call your troop leader & join us!	158
CRG1	2/10/11	1830	G, S	B	BFF: Don't forget your fun-filled BFF archery event this Saturday 2/12/11 with BFF friends! From 10-12pm come hit the bullseye with us and earn 30 BFF points!	157
KA2a	2/11/11	1730	G, S	P	BFF Question: What does "BFF" stand for in this program? Be Fit Fast/ Best Friends Forever/ Best Fresh Fruits/ Be Fit with Friends	130
KA2b	2/11/11	2100	G, S	B	BFF: If you answered "Be Fit with Friends" then you were correct! Being active can be FUN when you do it with friends or family!	128
CE1	2/12/11	1230	G, S	P	BFF: If you attended today's BFF archery, would you try archery again in the future? YES for sure, NOT sure, NO thanks	120
PB1	2/12/11	1600	G, S	B	BFF: We hope you had a blast today shooting arrows & earning 30 points with the BFF crew! We look forward to seeing you in two weeks at our next BFF event!	156
Week 2						
IPF2	2/14/11	1800	G, S	B	Happy V-Day! Love spending time with friends? Be physically active with them! Get moving around your neighborhood. Walk/bike for 30 mins and earn 10 BFF points!	160
IPB2	2/14/11	1800	P, S	B	BFF Parent Tip: Do you know your child's favorite way to be active? Kids are more active if they ENJOY the activity- the same is true for you!	143
IPC2	2/15/11	1800	G, S	B	Hi BFF Girls. Have you saved this BFF phone number (210-667-7375) into your phone? Saving the number makes it easier to identify BFF messages!	143
GE2	2/16/11	1800	G, S	B	BFF Girl Power: Smile and stay positive! It takes seventy-two muscles to frown, but only thirteen to smile- so show those teeth :D	131
CAG2	2/17/11	1800	G, S	B	BFF Event: Dance your way into shape! Join us for a zumba party with your BFF friends next Saturday (2/26). It's fun, it's fitness, it's BFF ZUMBA!	147
CAP2	2/17/11	1800	P, S	B	BFF Event: Fun and FREE zumba event for your daughter next Saturday (2/26) 10:30-12pm at the Westside YMCA. Contact your GS troop leader to sign up!	148
BFF Reminder	2/18/11	1800	G, S	B	Hi BFF girls! Don't forget to answer our text message questions...what you say matters! (Bonus: get BFF points for responding!)	125
KA3a	2/19/11	1230	G, S	P	BFF Question: Which type of text messages have you received from BFF? 1. Celebrity Gossip 2. Healthy Recipes 3. Fitness Tips 4. Friendship Tips	144
KA3b	2/19/11	1600	G, S	B	Which type of text messages have you received from BFF? Answer is "Fitness tips"! Use your BFF fitness tips to learn new ways to enjoy being physically active!	160
Week 3						
IPC3	2/21/11	1800	G, S	B	Want to have fun while being physically active? Treat yourself to an exercise video! Search for a fun exercise video on Youtube to try with family and friends.	159

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IPB3	2/21/11	1800	P, S	B	BFF Tip: A great way to keep your child active is by being active yourself! Find a fun exercise video with your child on youtube.com and try it together.	155
IPF3	2/22/11	1800	G, S	B	BFF Fit Fact: Melt away your stress! Being physically active keeps you happier and less stressed in every part of your life.	125
GE3	2/23/11	1800	G, S	B	BFF Girl Power: The will to win, the desire to succeed, the urge to reach your full potential, these are the keys that unlock the door to personal excellence.	158
CRG2	2/24/11	1800	G, S	B	BFF Event Reminder: Pump up your heart by pumping up the volume! Action packed and fun –filled Zumba party with your BFF friends this Saturday. See you there!	159
CRP2	2/24/11	1800	P, S	B	BFF Event: Because you asked... FREE Zumba class for you AND your daughter this Saturday (2/26) 10am @ Westside YMCA! Contact your troop leader and join us!	154
KA4a	2/25/11	1730	G, S	P	BFF Question: Which BFF Community event is scheduled for tomorrow? 1. Walking with BFF 2. Archery 3. Zumba Zone 4. Tennis Lessons	129
KA4b	2/25/11	2100	G, S	B	Which BFF Community event is scheduled for tomorrow? Answer is “Zumba Zone”. Zumba is a fun and exciting way to be active with friends. See you there tomorrow!	159
CE2	2/26/11	1230	G, S	P	BFF we want to hear from YOU: If you attended today's BFF Zumba Zone, would you try zumba again in the future? YES for sure, NOT sure, NO thanks	146
PB2	2/26/11	1600	G, S	B	BFF: We hope you enjoyed dancing your way to a healthier heart and earning 30 BFF points through ZUMBA! See you in two weeks at our next BFF event!	147
Week 4						
IPC4	2/28/11	1800	G, S	B	BFF Action! Change up your PA routine! Choose a different activity for each day of the week! VARIETY can be more fun AND help you be more physically fit!	153
IPB4	2/28/11	1800	P, S	B	BFF: Does your child watch too much TV? Encourage her to choose a wide VARIETY of free-time activities like playing with friends and sports.	140
IPF4	3/1/11	1800	G, S	B	PA comes in all shapes and sizes! PA is any body movement that uses energy like dancing, walking, doing chores, and gardening! Think of PA as a Boredom Buster	160
GE4	3/2/11	1800	G, S	B	BFF Girl Power: Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.	139
CAG3	3/3/11	1800	G, S	B	Make it a walk to remember with BFF friends! Exciting scavenger hunt contest & prizes for you at the BFF Step It Up event next Saturday (3/12). See you there!	159
CAP3	3/3/11	1800	P, S	B	FREE activities & prizes for you & your daughter! Join the BFF Step It Up event at Apache Creek Greenway on 3/12 @10a. Contact your troop leader to sign up!	158
Week 5						
IPC5	3/7/11	1800	G, S	B	BFF Action! Feel tired after school? Take a break and get moving! You'll be amazed at how that ENERGY BOOST can help you finish homework and chores!	153
IPB5	3/7/11	1800	P, S	B	Help your daughter be active AND safe. Encourage her to WARM-UP before activity, STRETCH after warming up, COOL-DOWN after activity, and drink plenty of WATER!	159
IPF5	3/8/11	1800	G, S	B	BFF Fit Fact: Catch more ZZZs! Regular PA can help you sleep better! Exercise right, so you can sleep tight!	108
GE5	3/9/11	1800	G, S	B	It is not your aptitude, but your attitude, that determines your success. A positive attitude can help you succeed, so remember to stay positive every day! :)	158
CRG3	3/10/11	1800	G, S	B	Have FUN and win PRIZES! FREE pedometers for you & a parent! Join the scavenger hunt at the BFF Step It Up event this Saturday (3/12) @10a. See you there!	154
CRP3	3/10/11	1800	P, S	B	FUN and PRIZES at the BFF Step It Up event on Saturday (3/12) @ Apache Creek Greenway @10a! Girl & parent get FREE pedometers to kick off a steps challenge!	157
KA5a	3/11/11	1730	G, S	P	BFF Question: How much physical activity should you get? 1) 30 min daily 2) at least 60 min daily 3) 60 min every other day 4) any amount is fine	145
KA5b	3/11/11	2100	G, S	B	How much PA should you get? If you answered “at least 60min daily, ” good job! Do your 60min all at once or collect fitness bits throughout the day–IT ADDS UP!	159
CE3	3/12/11	1230	G, S	P	BFF we want to hear from YOU: If you attended today's BFF Step It Up event, would you attend a Step It Up event again? YES for sure, NOT sure, NO thanks	154
PB3	3/12/11	1600	G, S	B	BFF: We hope you enjoyed the BFF Step It Up event! You earn 30 BFF points if you attended! See you in two weeks at the BFF Pool Party!	134
Week 6						
IPB6	3/14/11	1800	P, S	B	BFF Parents! Focus on FUN! Go with your daughter to places where you can be active TOGETHER! Parks, trails, or mall... you can do them ALL.	138

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IPF6	3/14/11	1800	G, S	B	BFF Fit Fact: Small bits of fitness ADD UP! Get to your goal with 10-min spurts of physical activity. Short spurts are better than no spurts!	141
GE6	3/16/11	1800	G, S	B	BFF Girl Power: The flower that blooms in ADVERSITY is the most rare and BEAUTIFUL of all.	91
CAG4	3/17/11	1800	G, S	B	Come dive into the FUN @ the BFF Indoor Pool Party next Saturday (3/26)! Bring your swimming gear and get ready for a swim lesson followed by OPEN POOL TIME!	158
CAP4	3/17/11	1800	P, S	B	Come dive into the FUN with your daughter at the FREE BFF Pool Party next Saturday (3/26) 10-12p @ Westside YMCA. Contact your troop leader to sign up.	151
KA6a	3/18/11	1730	G, S	P	Which of the following is a safe way to do PA? 1. Don't warm up before activity 2. Drink plenty of water 3. Don't wear sunscreen	159
KA6b	3/18/11	2100	G, S	B	4. Wear flip flops for running Which of the following is a safe way to do PA? Answer is "Drink plenty of water!" Don't ignore your thirst- dehydration can slow you down or make you feel sick!	160
IPC6	3/19/11	1800	P, G, S	B	Be Fit with Family Challenge! Week 1 of the challenge starts TOMORROW! Clip on those pedometers and STEP IT UP! (Don't forget - write down your daily steps!)	157
Week 7						
IPB7	3/21/11	1800	P, S	B	BFF-Get up & moving with your daughter to increase steps on your pedometer! Park in the farthest space from the store/mall or take stairs instead of elevators!	159
IPF7	3/21/11	1800	G, S	B	BFF Fit Fact: Save time with 2 for 1 PA fun! Chores like dog-walking, car-washing, gardening, or lawn-mowing also count as PA!	128
GE7	3/22/11	1800	G, S	B	BFF Girl Power: When odds are ONE in a MILLION, be that ONE!	60
CRG4	3/23/11	1800	G, S	B	Splash Splash it's a BFF Bash! Don't forget your swim gear for this Saturday's BFF Pool Party at 2-4pm. See you there!	118
CRP4	3/23/11	1800	P, S	B	NEW TIME for the free BFF Pool Party Bash for you & your daughter! See you on Saturday (3/26) @ Westside YMCA from 2-4pm! Contact your troop leader to sign up.	160
CAG5	3/24/11	1800	G, S	B	Time to PAR-TEE at the BFF Golf Open! Join your BFF friends in exciting golf games next Saturday (4/2) @3pm. See you on the golf course!	137
CAP5	3/24/11	1800	P, S	B	Enjoy scenic walking trails while your daughter plays golf @ the FREE BFF Golf Open next Sat (4/2) 3-4:30p @Polo Field Golf Center. Sign up w/your troop leader.	160
KA7a	3/25/11	1730	G, S	P	BFF Quick Quiz: Which of the following is NOT a sedentary activity? 1. Watching TV 2. Sleeping 3. Riding bicycle 4. Using computer	130
KA7b	3/25/11	2100	G, S	B	Which of the following is NOT a sedentary activity? The answer is "riding bicycle." Good Job! Don't be a couch potato! Get moving to get PA!	141
CE4	3/26/11	1300	G, S	P	BFF-Tell us what YOU think! If you attended today's BFF Pool Party, would you attend a BFF Pool Party again? YES for sure, NOT sure, NO thanks	142
PB4	3/26/11	1600	G, S	B	We hope you enjoyed the refreshing BFF Pool Party with your BFF friends! You get 30 points for attending! See you next week at the BFF Golf Open!	146
IPC7	3/26/11	1800	P, G, S	B	Be Fit with Family Challenge week 2 starts TOMORROW! Set your new daily steps goal with your challenge partner. Clip on those pedometers and STEP IT UP!	154
Week 8						
IPB8	3/28/11	1800	P, S	B	Video games=Very fun PA! How? Active games, like Wii Fit, offer the whole family fun ways to get PA! Buy/rent video games that require players to move around.	159
IPF8	3/28/11	1800	G, S	B	Ever heard of GREEN gym? Green gym is a way to get PA by gardening with family and friends! Gather your friends and family and grow your own Green Gym Garden!	158
GE8	3/29/11	1800	G, S	B	BFF Girl Power: Don't let what you can't do stop you from doing what you can do!	80
CRG5	3/30/11	1800	G, S	B	BFF Event: A hole in one is waiting for you! Learn to swing like a pro with us! See you at the BFF Golf Open THIS Saturday @ 3pm.	130
CRP5	3/30/11	1800	P, S	B	Come cheer for your daughter! FREE BFF Golf Open for your daughter THIS Saturday (4/2) 3-4:30pm @ Polo Field Golf Center. Contact your troop leader to sign up.	160
CAG6	3/31/11	1800	G, S	B	BFF Event: Let your imagination grow @ the Spurs Community Garden! See you at the BFF Green Gym Gardening event NEXT Saturday (4/9).	133
CAP6	3/31/11	1800	P, S	B	FREE BFF Green Gym Gardening event for you & your daughter NEXT Saturday (4/9) 10a @ SA Food Bank. Healthy lunch provided! Contact your troop leader to sign up!	160
KA8a	4/1/11	1730	G, S	P	Have Facebook? If yes, then are you a fan of the BFF fanpage? 1. Don't have FB 2. Have FB and will be a fan NOW! 3. Have FB and already a fan!	142
KA8b	4/1/11	2100	G, S	B	If you're already a fan, Great Job! You and/or a parent can become a fan by searching "Be Fit with Friends" then press the "Like" button on top of the page!	156

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CE5	4/2/11	1230	G, S	P	BFF-We love to hear from YOU! If you attended today's BFF Golf Open, would you attend a BFF Golf Open again? YES for sure, NOT sure, NO thanks	142
PB5	4/2/11	1600	G, S	B	We hope you enjoyed hitting a hole in one like a golf pro! You get 30 points for attending! See you next week at the BFF GREEN GYM GARDEN!	139
IPC8	4/2/11	1800	P, G, S	B	BFF Step It Up Challenge Week 3 starts TOMORROW! Add more steps to your day! Walk with family/friends around the neighborhood or park. Aim for 10,000 steps!	156
Week 9						
IPC9	4/4/11	1800	G, S	B	BFF Action! Make it a mall adventure with your family/friends. When you power walk from store to store, PA at the mall is never a bore!	135
IPB9	4/4/11	1800	P, S	B	End of the work week, what can you do? Plan a family FUN DAY! Get the WHOLE family involved in activities like hiking, biking, dancing, basketball, or swimming!	160
IPF9	4/5/11	1800	G, S	B	BFF Fit Fact: Want to know how many miles you walk in a day? Use your pedometer to count the number of steps you take each day! 2,000 steps = about 1 mile!	155
Comparision Intro	4/5/11	1800	C, S	B	Hello! As a Girl Scout you'll get weekly girl empowerment text messages sent to your phone from Girl Scouts. You have the power, GIRL POWER!	141
CGE	4/6/11	1800	C, S	B	Girl Scout Girl Power: Your goals are the road maps that guide you and show you what is possible for your life.	112
GE9	4/6/11	1800	G, S	B	BFF Girl Power: Your goals are the road maps that guide you and show you what is possible for your life.	104
CRG6	4/7/11	1800	G, S	B	Let's go GREEN with PA! Join us at the Spurs Community Garden this Saturday for an exciting BFF Green Gym Gardening event at 10am. See you there!	146
CRP6	4/7/11	1800	P, S	B	FREE BFF Green Gym Gardening event for you & your daughter THIS Saturday (4/9) 10a @ SA Food Bank. Healthy lunch provided! Contact your troop leader to sign up!	160
KA9a	4/8/11	1730	G, S	P	BFF: Try to answer the following! What does the "S" in SMART goal mean? (REPLY with your answer) 1. Silly 2. Simple 3. Specific 4. Strong	145
KA9b	4/8/11	2100	G, S	B	BFF: What does the "S" in SMART goal mean? The correct answer is "specific". Good job! SMART goals are Specific, Measurable, Attainable, Relevant, and Timely!	158
CE6	4/9/11	1300	G, S	P	Your opinion matters! If you attended today's BFF Green Gym, would you attend a BFF Green Gym event again? 1. YES for sure 2. NOT sure 3. NO thanks	147
PB6	4/9/11	1600	G, S	B	We hope you enjoyed a new way to get fit at the BFF Green Gym! You get 30 points for attending! Please respond to the BFF questions! We LOVE to hear from you!	159
Week 10						
IPC10	4/11/11	1800	G, S	B	BFF Action! Set a SMART goal and let's roll! Share your goal with your family/friends today so they can help you reach your goal!	129
IPB10	4/11/11	1800	P, S	B	BUST THOSE BARRIERS! Identify barriers that prevent your family from being active & find solutions together to overcome them. Don't let those barriers stop you!	160
IPF10	4/12/11	1800	G, S	B	BFF: Your body has over 650 muscles! If single muscle in your body worked together at the same time, you could lift about 50,000 pounds! Wow, you are strong!	157
CGE	4/14/11	1800	C, S	B	Girl Scout Girl Power: Continuous improvement is better than delayed perfection!	80
GE10	4/14/11	1800	G, S	B	BFF Girl Power: Continuous improvement is better than delayed perfection!	73
KA10a	4/16/11	1300	G, S	P	PA guideline states that activities should offer ___ and be ___. 1. Variety/Enjoyable 2. Food/Hungry 3. Gifts/Enjoyable 4. Variety/Boring	137
KA10b	4/16/11	1800	G, S	B	BFF- The PA guideline states that activities should offer VARIETY and be ENJOYABLE! Great job! Always have a list of fun PA you can choose from.	145
Week 11						
IPC11	4/18/11	1800	G, S	B	BFF Action! Make your own equation! Tree Climbing + Jumping Rope + Shooting Hoops + Dancing = Well-Rounded & Fun Fitness	120
IPB11	4/18/11	1800	P, S	B	Save more time! An average 1-hr TV show has 15-20 mins of commercials! Use the commercial breaks as a time to fit in PA (like dancing or yoga) for your family!	159
IPF11	4/19/11	1800	G, S	B	Did you know that an average person will walk about about 115,000 miles in a lifetime? That's equal to walking four times around the globe! Keep on walking!	156
CGE	4/21/11	1800	C, S	B	Many people fail in life, not for lack of ability or brains or even courage, but simply because they have never organized their energies around a goal.	151
GE11	4/21/11	1800	G, S	B	Many people fail in life, not for lack of ability or brains or even courage, but simply because they have never organized their energies around a goal.	151

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KA11a	4/23/11	1200	G, S	P	How does regular PA help us? (REPLY with your answer) 1. Keeps body healthy 2. Decreases stress 3. Builds health bones 4.All of the above	137
KA11b	4/23/11	1600	G, S	B	How does regular PA help us? The correct answer is “All of the above”. GREAT JOB! Try to stay regular in your PA to gain the maximum benefits!	142
Week 12						
IPC12	4/25/11	1800	G, S	B	BFF Action! Need new PA ideas? You can run or hike, play or bike with all the people that you like!	99
IPB12	4/25/11	1800	P, S	B	BFF Parent: Take your child out for some FUN in the sun! Visit the community swimming pool for a refreshing way to get PA!	122
IPF12	4/26/11	1800	G, S	B	BFF Action! Older than 9? Now is your time! Strengthen your muscles and bones by staying super active. Staying healthy now will keep you healthy later!	156
CGE	4/28/22	1800	C, S	B	Girl Scout Girl Power: Go confidently in the direction of your dreams and live the life you have imagined.	106
GE12	4/28/11	1800	G, S	B	BFF Girl Power: Go confidently in the direction of your dreams and live the life you have imagined.	112
KA12a	4/30/11	1200	G, S	P	Which of the following is NOT a screen time activity that keeps you physically active? 1. Active gaming 2. Exercise DVD 3. Surfing the internet	143
KA12b	4/30/11	1600	G, S	B	Which is NOT a screen time activity that keeps you active? The answer is “Surfing the Internet”. Great! Active gaming & exercise DVD keep you moving around!	156
Week 13						
IPC13	5/2/11	1800	G, S	B	BFF Action! Hooray! Time for more PA! Playing tag is always fun, especially when you use a water gun!	101
IPB13	5/2/11	1800	P, S	B	Communicating honestly, respectfully, & clearly about PA helps you stay active together! Discuss your family’s favorite PA & make a goal to do them together!	157
IPF13	5/3/11	1800	G, S	B	DIVE-IN! - Exercising in the water is a refreshing way to get fun PA with family and friends. Play water basketball/volleyball or have a water relay race!	154
CGE	5/5/11	1800	C, S	B	Girl Scout Girl Power: Instead of giving yourself reasons why you can't, give yourself reasons why you CAN.	107
GE13	5/5/11	1800	G, S	B	BFF Girl Power: Instead of giving yourself reasons why you can't, give yourself reasons why you CAN.	100
KA13a	5/7/11	1200	G, S	P	Which of the following is the most productive communication style? (REPLY with your answer) 1. Assertive 2. Passive 3. Aggressive	129
KA13b	5/7/11	1600	G, S	B	What’s the most productive communication style? The answer is “Assertive”. You can assertively communicate your thoughts by being honest, respectful, & clear.	159
Week 14						
IPC14	5/9/11	1800	G, S	B	BFF Action! Leave behind those chores and explore the outdoors! Go for a hike with your family and make it an adventure! Don’t forget your camera :)	148
IPB14	5/9/11	1800	P, S	B	There's no doubt about it: Writing your goals down makes it much more likely that you'll succeed! Write down your family’s PA goal & meet those goals together!	159
IPF14	5/10/11	1800	G, S	B	Fit Fact: Surface area of a human lung is equal to a tennis court! Wow! The large surface area helps bring more oxygen to our blood, which we need during PA!	157
CGE	5/12/11	1800	C, S	B	Girl Scout Girl Power: Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present.	
GE14	5/12/11	1800	G, S	B	BFF Girl Power: Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present.	117
KA14a	5/14/11	1200	G, S	P	BFF Trivia: _____ means speaking up for YOURSELF. (REPLY with your answer) 111. Negotiate 222. Passive 333. Self-Advocacy 444. None of the above	145
KA14b	5/14/11	1600	G, S	B	SELF-ADVOCACY means speaking up for YOURSELF. Your ability to make a difference at home or community depends on how well you communicate about what you want!	157