Equity Starts at Home: Reflect, Ask, Act

Audience: Parents and caregivers
Use: Self-reflection, advocacy planning, and legacy-building

Section 1: Reflect on Your Child's Experience

Prompt: Think about your child's school experience. What feels fair? What feels unequal?

Question	Your Response
What resources does my child have access to at school?	
Have I noticed any barriers to learning (language, technology, disability)?	
Does my child feel seen, valued, and supported by their teachers?	
What questions do I have about how decisions are made at school?	

Section 2: Know Your Rights & Responsibilities

Prompt: What do I already know — and what do I want to learn — about my child's educational rights?

I Know...	I Want to Learn...
Example: My child has an IEP.	Example: How to request a 504 plan.

Section 3: Build Your Advocacy Plan

Prompt: Choose one area to focus on this month. Use the prompts below to guide your next steps.

- **My Focus Area:** _____
- **Who I'll Talk To:** _____
- **What I'll Ask or Share:** _____

- **How I'll Follow Up:** _____

Section 4: Legacy Reflection

Prompt: What kind of educational future do I want for my child — and for all children?

- *"I want my child to…"*

- *"I want schools to…"*

Printable Companion Checklist

Title: *Parent Equity Action List*
Use: Quick reference for awareness, accessibility, advocacy, and community engagement

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✔ Awareness

- ☐ I understand the difference between equity and equality.
- ☐ I've identified one disparity my child may face.
- ☐ I've reviewed school policies or data related to access and outcomes.

✔ Accessibility

- ☐ I've asked about language support, tech access, or accommodations.
- ☐ I know how to request an IEP or 504 plan if needed.
- ☐ I've explored how my child's learning needs are being met.

✔ Advocacy

- ☐ I've spoken with a teacher or administrator about equity concerns.
- ☐ I've joined or considered joining a parent advisory group.
- ☐ I've shared my story or asked questions at a school meeting.

✔ Community

- ☐ I've connected with other parents who care about equity.
- ☐ I've looked into local organizations or events that support education justice.
- ☐ I've taken one action this month to support accessibility or equity.