Help-Seeking Role Cards

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A student wants help with an ongoing school difficulty.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Practice describing a concern to a trusted adult and asking what happens next.

3. What would they want explained about privacy and support?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.