

Make a School Stress Plan

Teens and supportive adults | Teens 13+ | 10 to 15 minutes

Break one school concern into an action and a request for support.

School stress can involve assignments, friendships, safety, transportation, expectations, or things happening outside school. Pick one concern that matters today. You do not need to solve the whole semester on this page.

Name the exact pressure

Describe when the problem happens and what makes it difficult. "I cannot finish the essay" may mean the instructions are confusing, the space is distracting, or there is no quiet time at home. Different barriers need different support.

Separate action from support

Choose one small action you can try and one thing another person could help change.

Example: open the assignment and write one question, then ask the teacher to explain the first step. Help is not something you must earn by struggling longer.

Make the request concrete

Decide who can help, when you will ask, and the words you want to use. If bullying, discrimination, or safety is involved, include a safe adult rather than treating the concern only as a time-management problem.

The specific school pressure and when it happens

The main barrier I notice

One small action I can take

The support I want and how I will ask