

Practice Asking for Support

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

Prepare a request that describes what is happening and what would help.

Asking for support can be uncomfortable, especially if people have misunderstood you before. You can prepare your words, write them down, or ask someone to sit with you. A request does not have to sound polished to deserve attention.

Choose a safe audience

Think about who has listened respectfully before. Decide whether a spoken conversation, message, note, or clinician-supported discussion would work best. You can ask about privacy before sharing details.

Use three useful pieces

Describe what is happening, how it is affecting you, and the help you want. Example: "Lunch has been difficult because I keep getting teased. I am avoiding the cafeteria. Can you help me find a safer plan?"

Prepare for different answers

If the person says yes, agree on a next step. If they do not understand, repeat the main need or ask another safe person. You do not have to keep explaining to someone who is threatening or mocking you.

The person and communication method I choose

What is happening and how it affects me

The help I want to request

My next step if this person cannot help