

Teens

My Priority for This Week

Teens 13+ | 10 to 15 minutes

People may have many ideas about what you should work on. This page starts with what matters to you. Choose one part of your week you want to be easier or more meaningful. You can skip questions and decide what you want to share.

Pick one priority, name a realistic next step, and decide whether a safe person could help.

Make room for your view

Consider school, friendships, rest, home responsibilities, interests, or something else. Your priority does not have to match an adult's first suggestion. Notice what you can influence and what needs help from someone with more power or resources.

Choose support without losing choice

A request might be clearer instructions, transport, a quieter space, or someone listening before offering advice. Ask how information will be handled before sharing sensitive details. If there is danger, seek a safe adult or appropriate urgent help.

1. What would I like to be different or better this week?**2. What part is within my control, and what needs help?****3. What is one small step that fits my real week?****4. Who could support me safely, and what would I ask for?****Clinical use and adaptation**

Honor the teen's wording and explain relevant confidentiality limits. Do not reward adult-sounding compliance or assume caregivers are safe. Explore disability, discrimination, housing, caregiving, and access. Safety concerns require appropriate assessment and support rather than reliance on a weekly planning sheet.