

School-related concerns

Find the Barrier in One School Problem

Teens 13+ | 10 to 15 minutes

A school problem can have more than one cause. Missing work might involve unclear instructions, health, transport, bullying, or too much responsibility outside school. Choose one recent example. This page helps you explain what is getting in the way and what kind of help would fit.

Use one example, separate the task from its barriers, and prepare a practical support request.

Trace the difficult point

Describe where the problem begins. Was the instruction unclear, the room overwhelming, the task too large, or attendance unsafe? Include what has already been tried. You do not need to prove that you deserve support.

Ask the right question

Match the request to the barrier: a worked example, an access discussion, transport help, or protection from mistreatment. Choose a safe staff member. If the first response does not help, consider another appropriate adult rather than assuming the problem is your fault.

1. What school task or situation is difficult right now?**2. At what point does it become hard, and what might explain that?****3. What change or help would address the actual barrier?****4. Who can I ask, and when will we review the response?****Clinical use and adaptation**

Explore health, learning, disability, discrimination, housing, caregiving, and safety. Explain school confidentiality limits and obtain appropriate consent for coordination. Avoid punitive attendance or productivity framing. This page does not establish eligibility for school services; persistent impairment needs appropriate evaluation.