

Twens

More Choice and the Help I Need

Children ages 10 to 12 with optional supportive adult help | 10 to 15 minutes

Growing up can bring more choices and more questions. You might want privacy, a new activity, or help with a friendship. Pick one thing that matters to you. You can write, draw, or talk with a safe adult. You do not have to share everything on this page.

Choose one change you want to discuss. Describe your idea and what help or information you need.

Name your own view

What would you like to try, change, or understand? Think about what feels exciting and what feels tricky. Your view matters even if an adult has a different idea. You can ask them to explain a limit in words you understand.

Build a supported next step

Choose a small step and a safe person to help. Maybe you want to practice a route together, ask about a club, or agree on quiet time. If an adult does not listen or feels unsafe, another trusted adult may help.

1. What choice or growing-up change matters to me?**2. What feels exciting, difficult, or unclear about it?****3. What help or explanation would make the next step easier?****4. Which safe adult could listen, and what would I like to ask?****Clinical use and adaptation**

Use simple language and accessible responses without infantilizing the tween. Explain relevant confidentiality limits and real safety constraints; do not promise unrestricted choice or secrecy. Avoid forced caregiver involvement or identity disclosure. Assess risks and seek appropriate safeguarding support when indicated.