

Selective mutism

My Ways to Be Heard

Children ages 6 to 12 with a clinician or supportive adult | 10 to 15 minutes

You can have things to say when speaking feels hard. You can point, draw, write, type, or use a communication tool on this page. You do not have to speak to finish it. Choose a helper who will give you time and listen to the way you communicate.

Choose one place. Show which ways of communicating feel possible there and what help you would like.

Choose a way to answer

Think about class, a club, or another place. You might point to a choice, write a note, or use a picture. Your helper can offer options and wait. You can also choose to pause.

Tell the helper what helps

Maybe fewer people, less attention, more time, or an agreed way to ask for a break would help. Your helper can share the plan with the right adults, following privacy rules. Nobody should surprise you with a demand to speak for this activity.

1. Where would I like it to be easier to communicate?**2. How can I show an answer or a need there?****3. What makes that place easier or harder for me?****4. What would I like my helper to understand or change?****Clinical use and adaptation**

Coordinate with an appropriately qualified mental-health and speech-language team. Do not interpret silence as defiance or require speech, public praise, or surprise performance. This page offers access while individualized treatment is planned; it does not prescribe exposure or diagnose selective mutism. Check language, hearing, development, and context.