

Know How To Ask For Help

If you are worried or upset about anything at all you should tell your parents or your teacher. Some children, however, find it hard to ask for help.

Here is a form that might make it easier for you to ask for help. Just write in your name and fill in as much of the form as you like. Now give it to someone who you think can help you.

I need to talk to you as soon as possible!

Name:

Today's Date: Time:

I am having trouble concerning:
.....
.....

I am feeling:
.....
.....

I think you could help me by:
.....
.....

Thanks