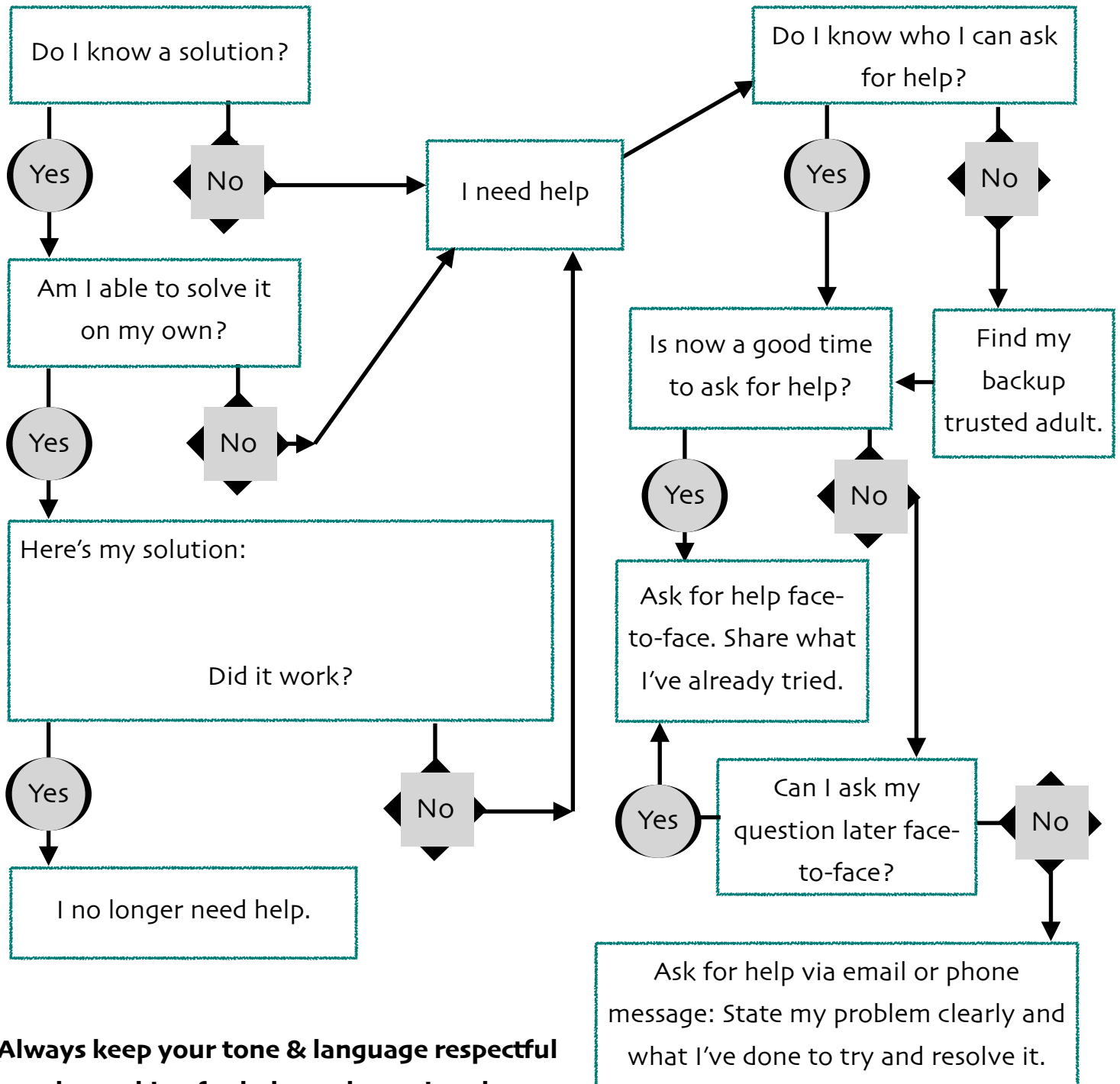




The problem I'm having:



Always keep your tone & language respectful when asking for help, and remain calm.



When I need help at school, these are trusted adults I can talk to:

At home, these are trusted adults I can talk to:

These are ways I can contact my trusted adults when they are not available to meet face-to-face:



Choose problems from below, and use the flowchart to practice how you can get help to resolve each problem.

You accidentally damage a product that you were unloading.

Oops! You forgot and left the milk out on the counter overnight.

You find out someone has been saying mean things about you behind your back.

You need to occupy yourself because everyone else is busy.

There is a project you need to complete but don't have the supplies you need.

You need to do laundry, but the detergent bottle is empty.

A friend is begging you to come over to hang out and watch a movie, but there's a pandemic happening.

You're waiting a long time for the bus, and you realize you missed it!