



Welcome

Made for the CODA UK & Ireland community

A printable activity from CODA UK & Ireland

This booklet is yours. There is no right or wrong way to be a CODA. You can leave questions blank, decorate the pages, or ask a trusted adult to join in.

Before you start

Suggested age: 12-17. Print the pages you want, choose your favourite activity, and take your time.

My name (optional):

Something I enjoy doing:



Identity and Belonging

Private reflection - share only what feels right to you.

How has growing up with Deaf parent(s) influenced me?

Where do I feel most understood?

What assumptions about CODAs would I like to challenge?



Boundaries and Choice

Private reflection - share only what feels right to you.

What am I comfortable helping with?

What situations need a qualified adult interpreter rather than me?

How might I explain a boundary calmly?



Two Worlds or Many Worlds?

Private reflection - share only what feels right to you.

How do I relate to Deaf culture and hearing culture?

Which parts of my experience feel unique to me?

What would I like people my age to understand?



Friendships and the Future

Private reflection - share only what feels right to you.

How do I recognise people I can trust?

What would I like my future CODA community to look like?

One step I could take to connect with others is...



A Letter to My Future Self

Imagine reading this in a few years. What do you want to remember about your strengths, hopes and identity?

Dear future me,