



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: 9-17. Print the pages you want, choose your favourite activity, and take your time.

My name (optional):

Something I enjoy doing:



You Have a Voice

It can be kind to help at home. But children should not be relied on to interpret important adult conversations, including medical, legal or official matters. Your needs matter too.

Things I enjoy helping with:

Things I would prefer an adult to manage:



What Could I Say?

"I am not comfortable interpreting this. Please book a qualified interpreter."

Try writing this in your own words:

"Can you explain that directly to my parent using accessible communication?"

Try writing this in your own words:

"I would rather not answer personal questions about my family."

Try writing this in your own words:



Practice Your Boundaries

Someone asks me to interpret a private conversation. My reply:

A friend asks a question I would rather not answer. My reply:

An adult I can approach if I feel pressured:



Help and Support

If you feel pressured, unsafe or worried, tell a trusted adult. In an emergency, call 999. You do not have to handle adult situations alone.

People who will listen to me: