

Your Literally Ausome School Support Guide

There might be times at school when I feel angry/upset, uncomfortable or sad. I might even feel as though I want to go home.

But, here are some things I can do to help myself.

- I might need to go somewhere I feel safe: I can go to the year <numerical year level> area, the main office, to <teacher's name>'s office, or my year level coordinators office.
- I can also choose to go to the well-being area and show them my card/class pass. I can say that I don't feel like talking and just want a quiet space if that's what I'd prefer.
- I need to remember that my year level coordinators, my teachers and the staff in the office all care about me and will help me if and when I need it. It's not easy to ask for help, to admit that I'm upset about something or to report an incident especially if it involves a teacher, but it's the only way things will get better and the only way I can get help.
- If I'm not comfortable going to any offices or areas and I want to stay with my friends or in class, I can email my year level coordinators to let them know if/why I'm upset or to let them know something happened that's made me feel uncomfortable.
- I will copy mum and/or dad into the email so they can also know what happened, so I don't need to retell the story after school. I will just want to go home and zone out by then and not have to talk about this.