

## What help works for you?

There are lots of different ways that adults can help children and young people to learn and communicate.

We asked lots of children and young people in schools what help they liked the best. Here are some of their answers:

Pupils liked	Pupils didn't like
People who know all about me	Going out of school for help
Sitting in an agreed place in class	Someone always sitting next to me in class
Things to help me like signing and visual timetables	
Someone working with me on my own to help me learn new things	

It's useful for adults to know what works best for all the different pupils they help.

- **Have a think what works for you and write them in this table:**

I like	I don't like

There are some ideas to help you on the next page.

If this is tricky for you to do, ask someone to help you. This could be your parent or carer, your brother or sister, or someone at school.

- **Now think who it would be good to share this with?**

Think who you can talk to in school. It could be your teacher or form tutor, it could be a teaching assistant, or learning mentor. There are ideas for adults to help you do this at [www.bercow10yearson.com/resources](http://www.bercow10yearson.com/resources).

- **When is a good time?**

Think about when there is time at school to talk to someone about the information you've put together; this probably isn't in the middle of a lesson. Every school is different, but maybe you could try:

- form period
- before school starts
- a time when you have support with a teaching assistant
- or another good time for the adult you want to talk with.

If it's tricky to find a time, you could arrange to meet with someone by saying: "can I have a word with you? There's something I would like to show you". Remember, this might not be straight away.

➤ **How are you going to tell other people at school?**

Put your ideas on a piece of paper, or on a tablet. You can write, or draw. Having something to show can be easier than just talking.

You could:

- ✓ Make a powerpoint presentation
- ✓ Put your ideas into a 'communication passport'. There is an example here [https://www.thecommunicationtrust.org.uk/media/599128/communication\\_passport.pdf](https://www.thecommunicationtrust.org.uk/media/599128/communication_passport.pdf)
- ✓ Jot them down in your school diary
- ✓ Arrange to talk about them at a parents evening or at any review meetings which are just about you

Talk about the best way to do this in school; the adult you talk to will help you think about this.

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**Ideas to use – you can think of some more!**

People sitting next to me in lessons	Someone helping me in another room in school, away from the class
Reminders in my school diary	Group work
Someone teaching me the words I need before a lesson	Having someone to talk to
Charts and lists to help me, like a visual timetable	Signing
Sitting at the front of the class	My communication passport
My friends knowing what I find difficult	Diagrams to help me organise stuff, like mind maps
Going out of school to get help	Clubs at lunchtime
	Extra time to complete (written) work