

Handout 4 – My Private Support Compass

Private: keep this sheet in a safe place or use a sealed/digital version.

You may use names, roles, initials, symbols or categories.

Share it only when you choose to obtain support.

Area	My first option	My backup	Service/route	How I can contact	What I might say
Everyday listening / connection					
Practical or academic help					
Physical health					
Emotional / mental wellbeing					
Urgent safety / protection					

Barriers and my response

Possible barrier	What I can try	My choice
I do not know how to start	Use one sentence starter; write instead of speak.	☐
I worry I will not be believed	Use a backup person; say what impact it is having; ask someone to accompany me.	☐
I worry about privacy	Ask what can stay private and what may need to be shared before giving details.	☐

Possible barrier	What I can try	My choice
The person is unavailable	Use the backup or service route; ask when someone else can see me.	☐
The first response is unhelpful	Say "I still need support" and try the next route.	☐
I need language/access support	Request an interpreter, communication aid, accessible location or supported contact.	☐

My ready-to-use lines

My opening sentence: _____

My backup sentence: _____

If I need help now, I will: _____

The School Support Directory is available at: _____

Two-week rehearsal log

Date	Safe rehearsal or real request	What made it easier/harder?	Did I identify a next step?	Compass update

A rehearsal may simply be locating a service, saving the directory, drafting a message, or asking an adult when they are available.

No personal disclosure is required.