



### Help Scripts : What and Why?

Help scripts can provide a tool to 'learn' a response that can be used in situations where the pupil feels unsure. Working with a trusted mentor to think about and develop a simple script to ask for help can be useful in managing anxiety. Opportunities to practice it, and incorporate it into everyday situations is also beneficial. It should ideally contain a descriptive and coaching sentence to help a pupil navigate a difficult situation.

### Example:

Take 3 deep breaths, then find a safe person – a friend or a teacher. Say, “hi, I’m struggling because \_\_\_\_\_. Can you help me?”

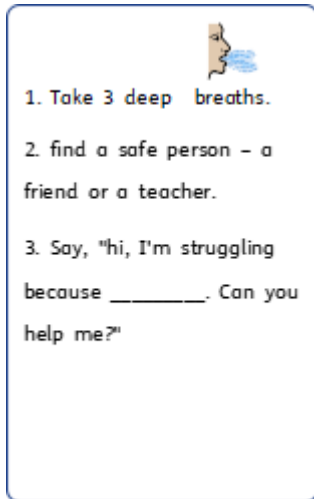
Providing a sentence opener, and a framework that is flexible and can be used in a variety of situations, may be helpful.

### Consider:

- The existing social skills of the pupil.
- The types of situations that they may need help in.
- Likely sources of support.
- Including a grounding technique first. Slowing down and taking a moment to think about the response can be helpful.
- Try to keep the script really simple.
- Provide a written copy, possibly laminated and kept in a pocket, pencil case or bag as a reminder of what to do.
- Practice the script in safe and comfortable environments and situations. This can help generalise it.
- Share the script with families, so the pupil can be supported by everyone to use it.



Front



1. Take 3 deep breaths.
2. find a safe person - a friend or a teacher.
3. Say, "hi, I'm struggling because \_\_\_\_\_. Can you help me?"

back

