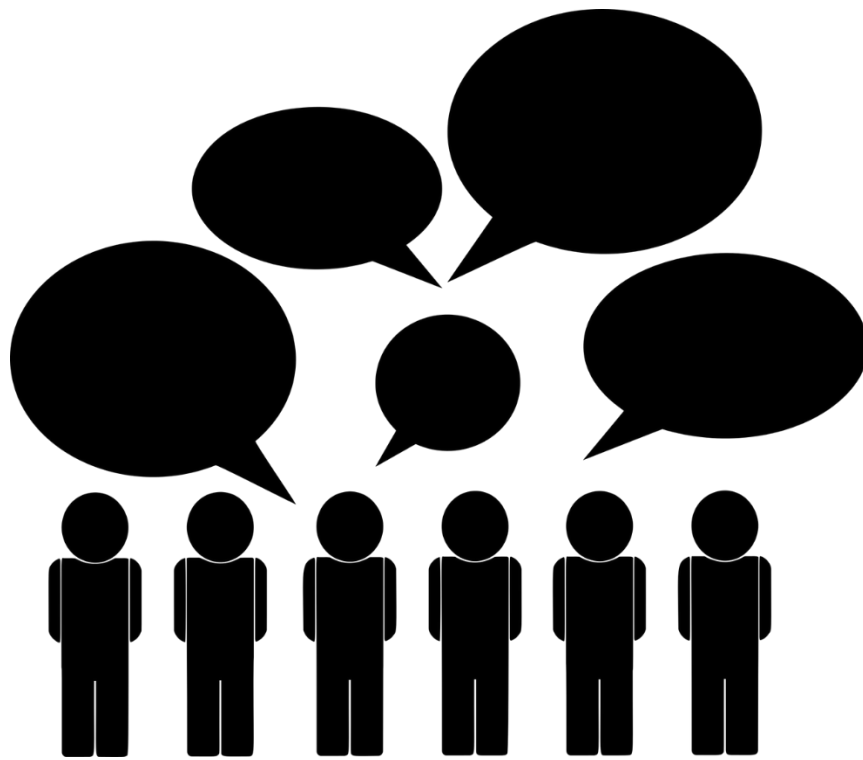


# Asking Someone I Trust for Help





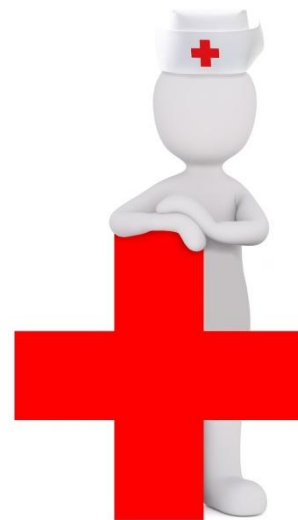
If I need help or need something, I can ask a person I trust. When I am with my friends and family, I can ask them.

If I am not with my friends and family, it is important to know who I can ask in different situations, like at school, at work or while I'm at a favorite activity.

## School

At school, here are people who can help me. It is important to know who ask certain questions.

- My teacher  
My teacher can help me if someone is being mean. I can also ask my teacher any questions. If they do not know the answer, they can help me find an adult who does.
- My school nurse  
If I do not feel well, I should tell my teacher or a friend that I want to go to the nurse. I can tell the nurse what is bothering me and they will help me.



Here, I can write the names of my teacher, my school nurse and friends that I trust.

My teacher's name is \_\_\_\_\_.

My school nurse's name is \_\_\_\_\_.

Some friends I trust are: \_\_\_\_\_

\_\_\_\_\_, and \_\_\_\_\_.



## Work

At work, there might be times when I am upset or have trouble with something. This is okay.

I need to make sure I do not interrupt my co-workers. I can ask my boss or a co-worker for help. Here are some things I can say:

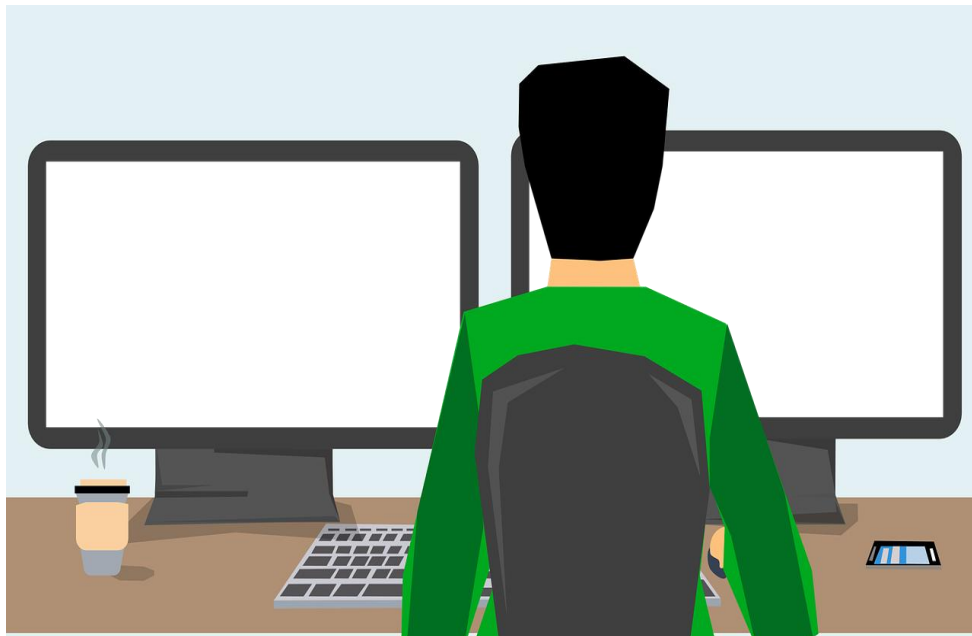
- “Excuse me (my boss or co-worker’s name), I am having a hard time with this job and I need help.”
- “Excuse me (my boss or co-worker’s name), I am upset about something. Can we talk for a few minutes?”
- “Excuse me (my boss or co-worker’s name), I have something on my mind about work. Can I share it with you?”

If I have a personal concern at work, like if I am upset or have a stomachache, I should tell a co-worker I trust. We should find a private place where I can tell them what is wrong. They can help me.

Here, I can write my boss's name and the names of co-workers I trust.

My boss's name is \_\_\_\_\_.

Some co-workers I trust are: \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_.



## My favorite activities

When I am doing my favorite activities outside of school or work, I might need an adult's help. During these activities, I might be by myself or with a friend or family member. I can ask my instructor or a friend or family member I trust.





If I am by myself and my concern cannot wait, I should excuse myself from the room. I can call or text a family member or friend who can help me. I can say something like “Excuse me (my instructor’s name), may I please make a phone call outside?”



Here, I can write my instructors' names for each of my favorite activities. This can help me remember who I can ask for help.

*Example:* The instructor for yoga is Paul.

The instructor for \_\_\_\_\_ is \_\_\_\_\_.  
(activity) (name)

The instructor for \_\_\_\_\_ is \_\_\_\_\_.  
(activity) (name)

The instructor for \_\_\_\_\_ is \_\_\_\_\_.  
(activity) (name)



There will always be someone around who can help me. When I try new things, I can think about who I can go to for help. This way, I am prepared when I go to new places.



Rev. 10/2017 Images courtesy of Pixabay®.

Created by Sierra Weiss

## Down Syndrome Program

MassGeneral Hospital for Children  
55 Fruit Street, Suite 6C  
Boston, MA 02116

[www.massgeneral.org/downsyndrome](http://www.massgeneral.org/downsyndrome)

For more information please call

**617-643-8912**