

Who Can Help Me

SQUAD 10 Support and Self Advocacy Practice

Purpose: Learn how to match a school problem with the right support person and ask clearly for what you need. Use this activity to practice finding and asking for support.

What to do

- Read the support guide and model response.
- Choose three scenarios from the practice table.
- For each scenario, identify the best person or office and write what you could actually say.
- Choose one real support action you may need this month. You do not have to send a message unless the situation is real and you are ready.

Start with the right support

When you need help with	A good place to start
An assignment, missing work, or a grade	Your classroom teacher
Credits, graduation requirements, schedules, or course changes	Your counselor or the Counseling Office
Organization, planning, or deciding what to do first	Mr. Jones during SQUAD
Food, clothing, school supplies, language support, or community resources	The Family Partnership Advocate or Counseling Office
Stress, safety, conflict, or emotional support	A counselor, social worker, trusted adult, or Student Support resource
Canvas, StudentVUE, or account access	The Counseling Office or the teacher connected to the class

Use the SQUAD Contact Directory at thssquad.org/contact when you need names, email addresses, or office information.

A strong request for help

A useful message explains the problem, shows what you have already tried, and asks for a specific next step.

Too vague	Clear and useful
"I need help."	"Hi Ms. Lee, I am confused about the evidence paragraph in the assignment. I reread the directions and started a draft, but I am not sure whether my example counts as evidence. Could you look at my first paragraph or tell me what I should fix first?"

Scenario practice

Scenario	Best person or office	What I could say
You have three missing assignments in one class and do not know which one to complete first.		
Your StudentVUE Course History appears to be missing a credit you believe you earned.		
You understand an assignment in class but get stuck when you try it independently.		
You need school supplies or another basic resource to participate successfully.		
You have been absent and feel overwhelmed by the amount of work waiting for you.		
You are feeling stressed and need a safe adult to talk with at school.		

My real support action: What is one question, request, or conversation that could make school more manageable this month?

Who will I contact, and what will I say?

Before you finish: Make sure your request names the problem, includes what you already tried, and asks for one clear next step.