

Asking for Help

Developed through a collaboration between
Halsted Middle School and NJ PBSIS

It's Okay to Ask for Help!

*A Halsted 5 Lesson on Knowing
When and How to Ask for Help*



Think About a Time Last School Year When You Needed Help

- Did you ask someone for help?
- Were you able to get the help you needed?
- What got in the way of asking for help?

We All Need Help Sometimes



Asking for help is good because
then you're able to get support and
solve the problem

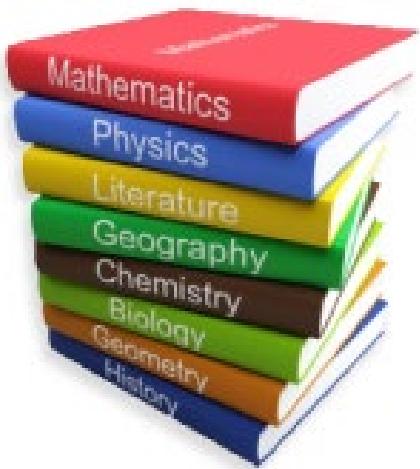
When Asking for Help You Should Know that....

- Generally, conversations are confidential
 - **UNLESS**, you are a danger to yourself or others or someone is hurting you
 - Then we break confidentiality to ensure everyone's safety
- Does anyone have any questions to understand this better?

When Asking for Help, Be Specific When Describing Your Problem

Sentence Starter	Examples
I need...	“I need to get the work I missed when I was absent.”
I don’t understand...	“I don’t understand how to solve problems 1, 4, and 7.”
I can’t find...	“I can’t find where today’s assignment is posted.”
I don’t know how to...	“I don’t know how to submit my assignment.”
I don’t have access to...	“I don’t have access to internet.”
I’m worried...	“I’m worried about a fight I had with my friend”

Asking for Help with Academics



- What is an example of academic difficulties you had (e.g., managing emails, too many assignments at once, not sure what to do)?
- How did you feel when you faced this difficulty?
- What strategies did you use to solve these problems? Did you ask for help?

I Should Ask My Teacher for Help When I...

- Don't know what to do or how to complete the assignment
- Tried to solve the problem, but the solution didn't work
- Don't understand or I was confused by the lesson
- Need the notes for class
- Fail a test or quiz
- Miss a class(es) or assignment
- I have a D or I am at risk of failing



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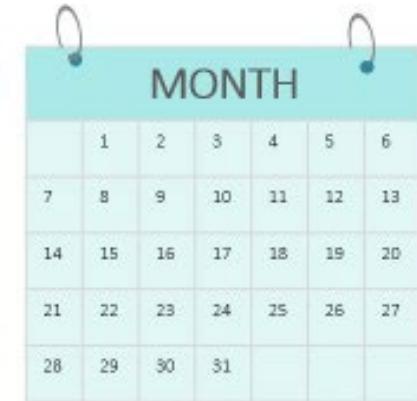
Ways to Ask Your Teachers for Help



**Send an email to
your teacher**



**Talk to your
teacher at the
end of class**



**Ask to Schedule a
Time to Talk with
Your Teacher**

I Should Talk with [insert name] After I Have Tried to Talk with My Teacher When:



- I'm overwhelmed with the work I have to do or with
- I don't know where to start
- I am failing a class

- I can also talk with [insert name] when I don't feel comfortable talking with my teacher about the problem 1:1

Contact Mr. Boyle by...



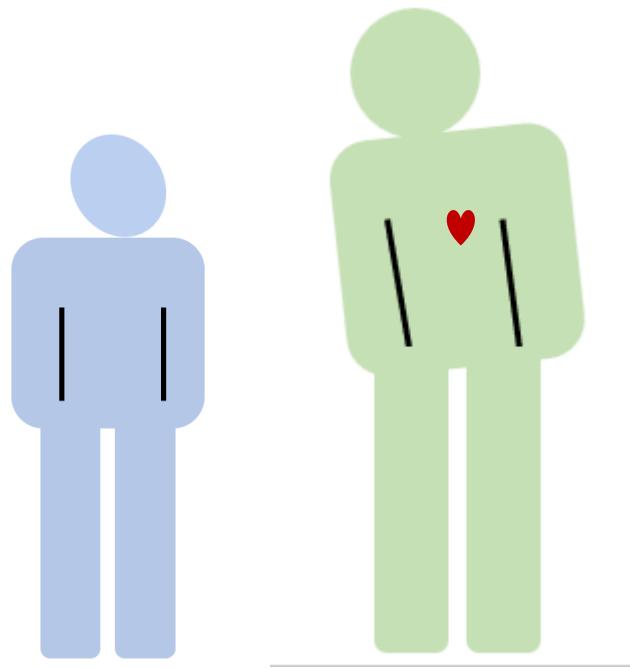
When at home or school send an Email to
[insert name and email address]



When at school, drop-in to the guidance office during your non academic time

- If [insert name] is not there and it is a problem that needs immediate attention go to the main office
- If [insert name] is not there and it can wait until the next day, leave a note or send an email

Asking for Social and Emotional Help



I should contact [insert name] when I am...

- Feeling overwhelmed
- Having trouble with a friend or peer
- Worrying all the time
- Mad or angry
- Having a difficult time handling my feelings
- Crying a lot
- Having trouble sleeping
- Thinking about hurting myself
- Wanting to be alone
- Need to talk with someone about things going on in my life



Contact [insert name] by...



When at home or school send an email to [insert name and email]



When at school, drop-in to ROOM # during your non academic time

- If [insert name] is not there and you need to talk to someone immediately, go to the main office
- If [insert name] is not there and it wait until the next day, leave a note or send an email

Review

Who Should I Contact?

Who Should I Contact When...	My Teacher(s)	Insert Name	Insert Name
I am missing a homework assignment			
I am having a fight with a friend and can't focus on my work			
I've missed a couple days of school and I need make-up work for all my classes			
I am having a rough start to the day			
I have lost internet access or my device is broken			
Someone is hurting me			
I am failing a class			
I've talked with my teacher and I am still having problems			