

## **Communication & Help-Seeking Check-In**

**Focus:** Confidence in asking for help and communicating needs

**Purpose:** To ensure students feel safe and empowered to seek support

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### **Section 1: Asking for Help**

1. **Do you feel comfortable asking questions in class? Why or why not?**
  2. **What usually stops you from asking for help when you need it?**  
*(e.g., fear of being judged, not sure what to ask, don't want to bother anyone, nothing)*
  3. **Who do you go to when you're struggling with your work or need support?**  
*(e.g., teacher, friend, parent/carer, tutor, no one)*
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### **Section 2: Communication Confidence**

4. **On a scale of 1–10, how confident do you feel expressing your needs in school?**  
*(1 = not confident at all, 10 = very confident)*
  5. **Do you find it easier to speak up in person, write things down, or message someone online? Why?**
  6. **Have you ever avoided asking for help and later regretted it? What happened?**
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### **Section 3: Feedback and Support**

7. **What kind of feedback helps you the most?**  
*(e.g., clear next steps, encouragement, constructive criticism, examples, one-on-one support)*
8. **Do you know how to access support if you're feeling stressed, confused, or overwhelmed?**
  - Yes, definitely

- I think so
- Not really
- No

9. **What could school staff do to make it easier for you to ask for help or share concerns?**

10. **If you could give one piece of advice to another student about asking for help, what would it be?**