My school, work or education conversation planner

Who it is for: Adults, students, young people and parents/carers. **Time:** 10-15 minutes.

What this helps with: Prepare a conversation about a current difficulty, a possible change and how to review it.

4 **One practical action:** Choose one person to speak to and write one change you would like to discuss.

Free to use. No diagnosis, account or screening purchase needed. Skip any prompt.
Keep your copy private and share only what you choose. Nothing is sent to the charity.

Person, setting and conversation date

One difficult situation and its effect

Strengths and support already helping

My priorities / the child or young person's own words

One change I would like to discuss

What we agreed and how we will review it

Action / person responsible / start and review dates / how we will know it helps

Where to go next: Use One thing to try this week, then review the agreed change with your school, college or workplace.

Urgent help

If you cannot keep yourself or someone else safe, call **999** or go to **A&E**.

More support: matthewlockadhdcharity.com/emergency-contacts | NHS source

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Guidance: Acas (GB) | SEN support (England) | Employment (NI) | NHS children