

SCHOOL TOOL 03

School Connection

Identify one adult at school who can help.

A trusted adult at school can help you understand expectations, solve a problem, find resources, and recognize progress. You do not have to handle every challenge alone.

Choose a person

- A teacher, counselor, coach, advisor, attendance clerk, or program staff member can be a connection.
- Choose someone who is respectful and available.

Start small

- Ask for a short check-in.
- Explain what you need.
- Follow up after you take your next step.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: The school adult I can contact is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.