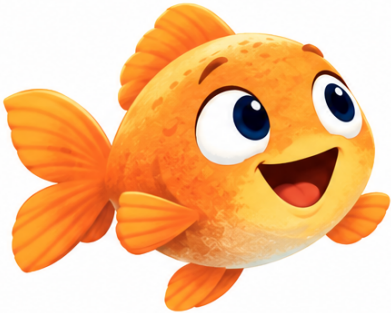


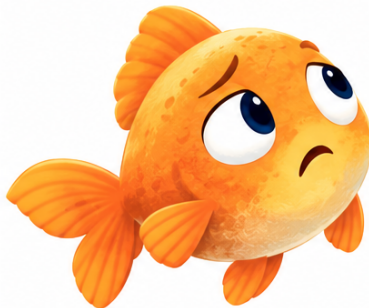
CAUGHT IN THE NET

COMMUNICATION BOARD • POINT / LOOK / SAY

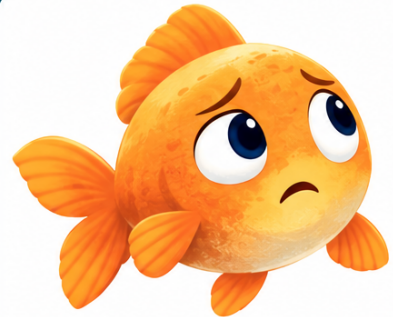
I can show how I feel



Happy



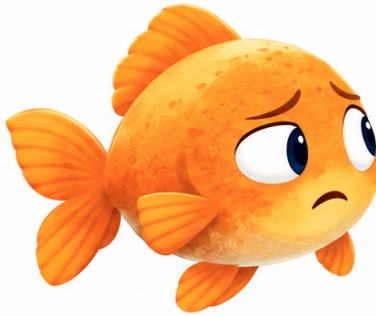
Unsure



Worried



Scared



Uncomfortable



Something else

All feelings are welcome

You can feel more than one thing. You do not need the exact word. Use your own communication aid if you prefer.

Help is always an option

Point to a feeling, say a word, use a sign or show “Help”. You can skip this board and ask for support straight away.

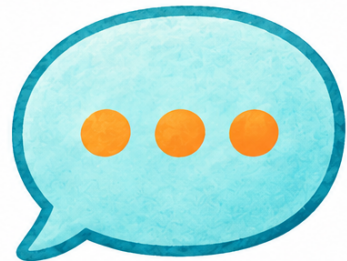
I need some help



A game



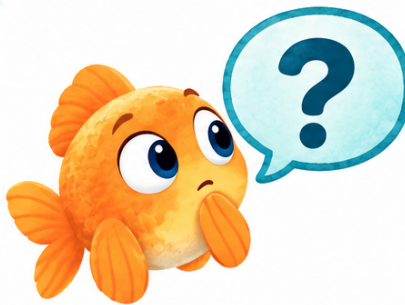
A video



A message



A picture



Something else



Help me

My next choice

I want a break. / I want someone with me. / I want to talk somewhere quiet. / I do not know yet.

For the person supporting me

Accept pointing, looking, signing or AAC. Do not require every box to be answered. This board starts a conversation; it does not investigate a concern. Follow your safeguarding procedure if a worry is shared.

People who can help me

Someone at school

Name or draw a teacher, teaching assistant or another trusted person.

Someone outside school

Name or draw a parent, carer, family member or another trusted person.

Another person I can tell

If one person is unavailable or I still need help, I can tell someone else.

I can practise saying

“Can you help me?” / “Something does not feel right.” / “I need to tell you something.”
Pointing or using my communication aid counts too.

Keep this private

Complete with a trusted person. Do not publish names, contact details or completed sheets online. Someone met only online is not the same as someone I know and trust in real life.