SOCIAL STORIES

Social Story: Asking for Help or a Break

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A simple social story about asking for help or a break, to sit alongside help and break cards.

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Who this is for

Children and young people who need permission and a clear method for asking for support, and the adults who must honour it.

What is inside

- How to use the story
- Story pages
- A notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How to use this story

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

This story only works if adults honour a help or break request calmly and quickly. Agree the real signal and the real break before you read it together.

ASKING FOR HELP OR A BREAK

I can ask for help or a break

Sometimes work, noise, people, or a feeling gets too big. I do not have to keep going until it is too late.

I can ask for help, or I can ask for a break, in a way that people around me have agreed to notice.

The way I can ask (words, a card, a sign, or something else) is

ASKING FOR HELP OR A BREAK

Asking for help

If I need help, I can say “I need help”, show a help card, or go to a person we have agreed.

Help might mean an adult coming over, explaining again, or doing a step with me. I can do my best to wait a short time if the adult cannot come instantly, if I am able to.

Who I can ask, at home or in school

ASKING FOR HELP OR A BREAK

Asking for a break

If I need a break, I can say so or show a break card. A break is a pause so I can feel safer or quieter. It is not a punishment, and it is not something I have to earn.

We can agree what a break looks like: where I go, what I can take, and how I come back.

What a break looks like for me

ASKING FOR HELP OR A BREAK

Coming back

When the break is finished, I can go back to the activity, or to the next thing, with an adult's help if I need it.

Asking for help or a break is a useful skill. It means I am looking after myself.

How I will know it is time to come back, and what happens then

Our agreed signals

The signal, the break, and what adults will do

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family and school resources
- Adapt every story so the facts are true for this person
- This is not a licensed Social Story™ product

> **A reminder about this free pack**
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