

Need extra help  
at school?



# Need extra help at school?

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We hope you like this guide. We'd like to say thank you to all the young people and adults who gave us their ideas and suggestions when we were writing it.

All the advice "in quotes" comes from other young people.

# Enquire

THE SCOTTISH ADVICE SERVICE FOR ADDITIONAL SUPPORT FOR LEARNING

## Intro

**This Enquire guide is about getting extra help at school.**

**Lots of people need extra help to get the most out of their learning. This guide has examples of why you may need help at school. It also tells you about different ways of getting help.**

*"You shouldn't feel bad about getting extra help. We all need extra help at some point in our life."*



call 0845 123 2303

## What the law says

**If you need extra support to get the most out of school for any reason at all, then your school must help you.**



**You may need help for the whole time you're at school. Or you may only need it for a short time (maybe a few weeks or months).**

"If you're having trouble with anything, don't be afraid to ask for help."



call 0845 123 2303

## What to get help with

Here are some examples  
of why you may need extra  
help at school:



- **difficulties with reading or spelling**
- **problems at home, such as parents splitting up or someone dying**
- **being bullied**
- **being far ahead of your classmates in some (or all) of your subjects**
- **being in care (also called being looked after)**
- **helping to care for someone at home**
- **physical or learning disability**
- **finding it hard to control your behaviour**

- ☉ **being a young parent**
- ☉ **moving home a lot and having to change schools**
- ☉ **feeling depressed or anxious or having an eating disorder**
- ☉ **finding it difficult to join in or make friends**
- ☉ **being homeless or in temporary housing.**

These are just a few examples of why you may need help at school. You may need help for a reason that isn't on the list.

"Don't bottle up your feelings. If you need help, tell someone."

## Extra help you could get

**There are lots of ways to get extra help. What help you get should depend on what you need.**

**Here are some examples of the extra help you can get if you need it:**

- ☉ **extra time with a teacher or assistant, by yourself or in a group**
- ☉ **some understanding from teachers if you're having a hard time**
- ☉ **help from outside school (such as from a social worker, doctor or youth worker)**
- ☉ **different work or homework to do**
- ☉ **help to come to school, like a taxi**
- ☉ **if you have a child, help with childcare when you're at school**
- ☉ **more time to do your work and exams**



*"You are not alone. There is always someone you can talk to."*

- **someone to write for you in lessons or exams (a scribe)**
- **equipment (like a laptop)**
- **someone to help you take medicine**
- **help learning English, if you come from a different country**
- **time with a counsellor or a therapist (such as a speech therapist or physiotherapist)**
- **a buddy (an older pupil who looks out for you in the playground or helps you study).**



## What next?

The staff at your school should realise if you need extra help and should make sure you get it.

However, you may be the first person to notice you need help. If this happens, here's some advice from other young people about what to do:

- ☉ **Always ask for help.**
- ☉ **If someone asks what's wrong, don't be afraid to tell them.**
- ☉ **Tell your favourite teacher.**
- ☉ **Don't feel alone.**
- ☉ **Be positive!**

PS: you can  
get lots more  
advice from  
Enquire on our  
website or by  
contacting us.

And remember, we all need  
extra help at some point.



**Enquire can give you  
advice and info by  
phone, by email, online  
and in guides.**

Our guides for young people:

- ☀ Going to a new school
- ☀ Getting ready to leave school
- ☀ Going to meetings
- ☀ What's the plan?  
Your education and support
- ☀ People who can help you in and  
out of school
- ☀ Nadia's story
- ☀ Have your say (DVD)
- ☀ Getting help with exams (online only)

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