You and Yours

Teen edition

Accepting Me

PASSPORT

Add a photo or a drawing, or leave it blank. Your call.

Name _____

I like to be called _____

Date _____

Wonderfully made. Wholly understood.

START HERE

Before you start

This passport is yours. It helps the people around you understand you as a whole person: your strengths, your struggles and your hopes.

1. **Write it your way**
   Words, bullet points or drawings. There are no wrong answers.
2. **Start with what's good**
   Your strengths are just as true as the hard stuff.
3. **Be honest about what's hard**
   The more honest you are, the better people can support you.
4. **Choose who sees it**
   Teachers, tutors, coaches, youth leaders, your GP. It's up to you.
5. **Keep it up to date**
   Look again each term, or whenever something changes.

It's your call

Only share what helps people support you. Some things are private, and that's OK.

What this passport is not

It isn't a diagnosis or a medical record. Share any EHCP or health care plan alongside it.

Struggling, or not feeling safe? Talk to a trusted adult, your GP or school, or call Childline free on 0800 1111. In an emergency, call 999.

AT THE HEART OF THIS PASSPORT

The Law of Acceptance: accepting the truth minimises frustration.

My strengths and struggles are both true · My history can't be changed · My future can be different · Some things may never change

This is me

Start with you: what you're into, what you're good at and what matters to you.

Things I'm into

What matters most to me

People who matter to me

What I'm good at

Ask a friend, too.

Something I'm proud of

Big or small, it counts.

Draw, doodle or write anything that's you

How I work best

How to communicate with me, and what stress can look like for me.

The best ways to communicate with me

Tick all that are true.

- [ ] Be clear and direct
- [ ] Give me time to think
- [ ] Don't put me on the spot
- [ ] Put it in writing
- [ ] Explain the reason why
- [ ] Check in with me privately

Something else: _____

When I'm doing well, you might notice...

_____

_____

_____

When I'm stressed or overwhelmed, you might notice...

_____

_____

_____

What helps me reset

_____

_____

_____

What makes things worse

_____

_____

_____

Things I wish people understood about me

_____

_____

_____

My senses and surroundings

Every brain is unique, and so are our senses. Tick what's true for me.

Things around me	Works for me	It's OK	Hard for me
Loud or busy spaces	☐	☐	☐
Bright or flickering lights	☐	☐	☐
Crowded corridors and buses	☐	☐	☐
Being touched	☐	☐	☐
Uniform, clothes and textures	☐	☐	☐
Strong smells	☐	☐	☐
Eating around other people	☐	☐	☐
Feeling too hot or too cold	☐	☐	☐
Waiting and queues	☐	☐	☐
Sudden changes to plans	☐	☐	☐
Sitting still for a long time	☐	☐	☐

What helps me feel comfortable

Anything else about my senses

School, college and beyond

What helps me learn, take part and get things done.

I learn best when...

Things I find tricky

Things that help me

Tick all that help.

- [ ] Instructions in writing
- [ ] Movement or sensory breaks
- [ ] Reminders and check-ins
- [ ] Choosing where I sit
- [ ] Big tasks broken into steps
- [ ] A quiet place to work
- [ ] Extra time
- [ ] Using tech to help

Something else: _____

When plans change

Changes can be hard for me. Please:

- [ ] Tell me early
- [ ] Explain the change
- [ ] Time to adjust

Something else: _____

Friendships and social life

What helps me connect with people.

THE LAW OF ACCEPTANCE

What's true about me

Accepting the truth minimises frustration. Here's what's true about me right now.

My strengths and struggles

Both are true. Both are mine.

Something I'm good at

Something I find hard

My story so far

My history can't be changed. This box is optional: only share what helps others support me now. Some things are private, and that's OK.

Things I'm working on

My future can be different.

Things that may always be part of me

Some things may never change, and I am still wonderfully made.

Looking ahead

Where I'm heading, and how you can help.

My goals for this year

How you can help me get there

Where I'd like to be in a few years

Shared with

Keep track of who has a copy.

Name	Where (school, club, work…)	Date

Other plans I have

- [ ] EHCP
- [ ] Health care plan
- [ ] Other

Next review date