

## THINK ABOUT IT

# How Does Getting Special Education Affect You?

Answering these questions will get you thinking more about yourself—what you know about, think about, and feel about getting extra help. You may begin to understand how you can share your thoughts and feelings with others. You may also learn ways to accept or even like the support.

1. Do you understand why you are getting special education?  YES  NO

2. Do you know how you feel about getting this help?  YES  NO

If you answered yes, what are your main feelings about it?

3. Do you mostly feel good about the help you get?  YES  NO

If you answered no, what might help you feel better about it?

4. Have you respectfully shared your feelings with your parents, teachers, or other people?  YES  NO

If you answered no, why not?

5. Do you have questions about your special education or extra help?  YES  NO

If you answered yes, do you know what questions to ask to get the answers you need?  YES  NO



***How Does Getting Special Education Affect You? (continued)***

Brainstorm some questions here:

If you aren't sure what to ask, who could you talk to about this?

6. Have you thought about how to answer questions kids might ask about your extra help?

YES  NO

If you answered yes, and you have a response that seems like it might work, write it down here so you remember it:

If you answered no, who could you talk to about this?

7. Do you think that how you act and feel when you get extra help might affect how other kids think about your extra help?

YES  NO

Why or why not?



***How Does Getting Special Education Affect You? (continued)***

8. Do you feel like you have any control over how your extra help will work?  YES  NO

If you answered yes, are you comfortable with how much control you have?  YES  NO

Also, who else do you think has control over the extra help you get?

If you answered no, can you think of a way to tell teachers or other adults about your feelings? Write a sentence or two that might help you do this:

9. Do you know the goals that you are working on in special education?  YES  NO

If you answered no, how can you find out what your goals are?

10. Do you know how the adults will decide if you reached the goals you are working toward?  YES  NO