

Using ADS

Remember, if you face questions or teasing about getting special education—or about anything else—you can use the ADS guidelines to handle these situations.

A: Act casual, cool, and confident.

*Kids tend to tease more if they get a big reaction from you.
So do your best to stand tall and stay calm.*

D: Do what you need to do.

*Remember that you are making a smart decision to get the help you need, and don't let teasing stop you from getting the help you need.
If teasing doesn't stop or is really bothering you, talk to an adult.*

S: Say something that is quick, informative, and comfortable for you if anyone asks you questions or teases you.

*You might respond with a quick joke or a simple explanation.
Or you can say nothing and ignore the comment if that's most comfortable for you.*