

Asking for Help Situations

You missed the bus...
who can help?



You lost your cellphone. What should you do first?



You forgot money for lunch, what next?



You need an outfit for Saturday
night, who can give advice?



You are lost, should you
ask for help?



Your pet is missing do you need help finding him?



Can I Handle It Alone?

Sometimes you know what to do, and sometimes you don't. Think about each situation below and decide how much help you might need to resolve them.

Challenge	I can do it	I might need help	I will ask for help immediately
Your teacher explained the homework, but it didn't really make sense to you. Can you do it alone, or message a classmate or ask the teacher for help?			
You're hanging out with friends and realize your wallet is gone. You retrace your steps but can't find it. Can you decide your next steps or do you need to ask for help?			
It's tax season, and you're wondering what you are going to do. Can you research it on your own or do you need help?			
You've been asked to give a presentation. You're considering whether you can prepare everything alone or if you should ask someone to help you rehearse and prepare.			
You're hosting a big birthday party for a friend. Can you plan everything (food, drinks, decorations, invites) by yourself or do you need a co-planner to share the load.			
You're in a group project and one person isn't doing their part. Do you pick up the slack yourself or is it better to talk to the teacher or your group about it.			
Your phone screen goes black and won't turn on. You're wondering if you can fix it by trying stuff you've seen online, or if it's smarter to ask someone for help.			

Who Can Help?

Knowing who you can ask for help is just as important as knowing when to ask for help. We've started a list below. Think about your relationships and what kind of help each person can provide.



Family - Family and Guardians are your "go-to" resources, use them for financial, relationship and any other advice you need. They know you best, and can support you in finding the right help.



Friends - True friends have your best interest in mind, but they may not have the right information to help. Ask them, but make your own decisions based on what feels right for you.



Teachers - Teachers are a great resource, especially when you have questions about assignments, school activities or after school post secondary options.



Doctors or Nurses - Medical professionals care about your physical and mental health. They will be ready and willing to help with anything related to your well-being.



Religious Leaders or Mentors - Religious leaders and mentors can help you explore questions about faith, finding purpose, dealing with tough emotions, or making choices that align with your values.



Therapists or Professionals - You can ask them about how to manage stress, deal with anxiety or depression, improve relationships, or understand your feelings better.



Strangers - A store clerk or someone working nearby can help with things like directions, finding something, or information on what time a bus comes or an event starts.

Self Reflection Worksheet

What are things
I'm good at
doing?

How do I feel when I
ask for help?

What benefits do I get
from asking for help?

What are things I could
use help doing?

