

# KY-SPIN's Youth eNews 5/30/2025



## Youth News!

### Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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#### Asking for Help!

Knowing when to ask for help is an important life skill. This video explains how to recognize when you need help and why it's perfectly okay to ask for it. Watch to learn simple, respectful ways to ask for help so you can succeed.



#### Asking for Help = Taking Control

Sometimes, we all need help. It could be with anything: schoolwork, understanding directions, or handling big feelings. If something feels too hard or confusing, that might be a good time to speak up. Asking for help isn't a bad thing — it means you are taking steps to solve a problem, and that shows responsibility!

It's just as important to know who to ask for help as knowing when to ask for help. At school, you can go to a teacher, counselor, or even a trusted friend. At home, your family or guardians are there to support you. But, sometimes you're in public, like a store or bus stop, so you will need to look for a worker or safe adult. Asking the right person helps you get the best kind of help quickly and safely.

When you ask for help, you give yourself a better chance to learn, stay safe, and feel supported. It's okay not to have all the answers — no one does! Remember, strong people know when to ask for help, and it's a smart way to take care of yourself and get through tough situations.

Kentucky's Exceptional Youth  
Voices!!!

**Question:** I'm really shy and feel nervous

talking to my teachers, even when I need help. What should I do when I'm struggling in school but too scared to speak up?*Student - age 12*

**Answer:** It's totally normal to feel nervous about asking for help, especially at school where it can feel like everyone else has things figured out. But needing help doesn't mean you're weak — it means you're learning and growing.

Try starting small by writing down what you want to say and practicing it before class. Or, you can ask your teacher if you can talk after class or send them an email if that feels easier. Most teachers want you to succeed and will be glad you reached out.

Over time, asking for help can become more comfortable, especially when you see how it improves your school experience. Remember, needing help is human, and speaking up is actually a strength, not a weakness.



Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

## Help Happens Here!

Knowing when to ask for help can be tricky, but it's an important skill for growing your independence and confidence. At KY-SPIN, we understand that it's not always easy to speak up, which is why we offer helpful tools to get you started.

Our website has several worksheets, like the one featured here, to help you think about what kinds of things you might need help with and who you can ask to support you.

A worksheet titled "Self Reflection Worksheet" with four sections: "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?", and "What are things I could use help doing?". It also features an illustration of a person thinking, surrounded by question marks.

**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?

www.kyspin.com 800-525-7746 ASKING FOR HELP

Youth Suite

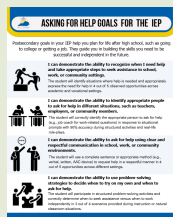
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## Helpful Community Resources

You might find these additional resources helpful when deciding if you need to ask for help and how to do so respectfully.

And don't forget, [KY-SPIN](https://www.kyspin.com) is always around to help you find the resources you need in your community!




## Get Prepared!

You can add goals that will help you prepare for your future in your IEP. These goals will help you learn the skills you need to be successful at a job or in a school environment.


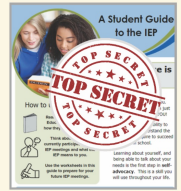

Discuss with your **ARC (Admissions and Release Committee)** the possibility of incorporating functional goals into your IEP to help you build and maintain skills you need for future success. KY-SPIN offers various examples of goals available on our [website](https://www.kyspin.com) that you might find helpful.

In this **KY SPIN Youth Talk**, Nick shares helpful tips about communication skills. Good communication is important because it helps you ask for help in a clear and respectful way. Watch as Nick explains how using the right words and body language can make it easier to speak up and get the support you need.





## The Secret is Out!!!

**Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?**

The wait is almost over! [Click here](#) to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.

We are currently finishing up editing this highly anticipated resource. Sign up so we can send it straight to your inbox before its public release.



## If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)  
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)

Learn more about us [KY-SPIN Infographic](#)  
REQUEST ASSISTANCE OR MAKE A REFERRAL  
800-525-7746 or 502-937-6894- [spininc@kyspin.com](mailto:spininc@kyspin.com)

[Contact Form](#) ([www.kyspin.com/contact/](http://www.kyspin.com/contact/))

Download Printable [KY-SPIN Referral Form Here](#) (<https://tinyurl.com/4t2evb59>)



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