

Asking for an assessment



How My Rights, My Say can help you if you want your needs assessed

Every day at school your teachers are working to get to know you better and to find out what you need to learn and get the most from school. Your teachers look at what's going well for you and the things you find difficult in class. This is called "**assessment**" and happens all the way through school.

Finding out if you need extra support – asking for an assessment

But sometimes you might think you need extra or different support to what you are getting or that the school don't understand your needs. If this is how you feel and if you are aged 12–15 you have the right to ask your school for an assessment of your needs.

Who will carry out the assessment?

A teacher from your school might carry out an assessment, or they might ask someone else to do it, like:

- ➔ **an educational psychologist who can decide what you need to help you learn**
- ➔ **a mental health worker who supports you if you feel down or worried**
- ➔ **a health worker or therapist who helps if you are unwell or have a disability**
- ➔ **a social worker who helps with difficulties at home.**

A My Rights My Say advocacy worker can help you speak to your school if you want to ask for an assessment.

What happens next?

The person doing the assessment will ask you questions to find out what you're struggling with. They might ask things like:

- **What are you finding difficult in school?**
- **How are you feeling about school or home and about life in general?**
- **What type of support do you get now?**
- **What support do you think would help?**

They might come and visit you in class or look at your schoolwork to find out how you are getting on. They might also speak to your parents or carers.



There's no need to worry, the assessment will help you get the support you need.



Your My Rights My Say advocacy worker can help you with all of this. They can help you:

- to think about what you want to say
- by coming to meetings with you
- to speak on your behalf if you don't want. (They will only say the things that you have asked them to say.)
- to feel confident to say what you think
- to remember what you wanted to say.

Once the school knows your needs it's important that they listen to you when they are making decisions about the type of support would work best for you.

Your Advocacy worker will be able to help you with speak to your school about this too.

"You are a star- thanks so much for coming to my meeting. It was a real help."

Here's what one young person said about having a My Rights, My Say advocacy worker help them speak to their school.

To speak to a My Rights, My Say Advocacy worker call this number 0141 847 0660 or visit our website www.myrightsmysay.scot