

# Mhairi's story



## Mhairi's My Rights, My Say story:

Mhairi is 15 years old with autism and an associated anxiety disorder. Her mother referred her for advocacy due to issues she was experiencing in school. The school had also told her she would not be allowed to stay on after turning 16 because of prolonged absences and behavioural issues in class.

## What Mhairi said would help her in school:

- A 'calm room' to go to if she began to feel anxious
- A time-out card to notify her teachers of when she would need a break
- To inform all the teachers about her autism and anxiety

## My Rights, My Say helped Mhairi:



- understand her right to remain in education until the age of 18
- think about what she wanted to say to her school about her needs
- by sharing her views with her Deputy Head Teacher, Head of Year and Pastoral Care Teacher.

After help from My Rights, My Say, Mhairi returned to school. With the extra help she asked for she was managing to stay in class for longer periods and felt confident to ask for help.

To get in touch to discuss making a referral, go to <https://myrightsmysay.scot/referral/> and someone from the team will get back to you.