

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 doesn'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.
- ➔ 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 may 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 or write down.

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

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

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

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

To speak to a My Rights, My Say advocacy worker contact us through our website: www.myrightsmysay.scot