



What could you do if something doesn't feel right for you?

FOR SUPPORTERS:

What signs tell you something may not feel right for the person?



What helps people know when you need help?

FOR SUPPORTERS:

What tells you the person needs more support?



When do you feel understood, even without explaining?

FOR SUPPORTERS:

How can you tell how the person is feeling?



What is the first sign that something is not okay for you?

FOR SUPPORTERS:

What is the first sign the person may not be okay?



How do you show if you are feeling happy or sad, or confused, or annoyed?

FOR SUPPORTERS:

What helps you notice how the person feels?



What do you wish people noticed more about you?

FOR SUPPORTERS:

What small signs can be easy to miss?



How do people know when you need a break?

FOR SUPPORTERS:

What signs show the person needs a break?



What does your body do, like your heart, tummy, or breathing, when you feel worried?

FOR SUPPORTERS:

What body or movement changes can show worry?



NOTICE



NOTICE



NOTICE



NOTICE



NOTICE



NOTICE



NOTICE



NOTICE



What helps you feel respected?

FOR SUPPORTERS:

What helps you show people they matter?



What helps you know someone is really listening?



How do you like people to respond when you share something important?

FOR SUPPORTERS:

How do you respond respectfully?



What helps you feel comfortable sharing?



What helps you feel safe to tell someone how you feel?

FOR SUPPORTERS:

What do you do to help the person feel safe sharing?



What helps you feel understood when you talk about something important?



What helps you speak up when something feels uncomfortable?

FOR SUPPORTERS:

What helps you make space for the person to speak up?



What helps you feel valued when you share your thoughts?

FOR SUPPORTERS:

How do you show the person their thoughts matter?



ACKNOWLEDGE



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What kind of help works best for you when things are not right?

FOR SUPPORTERS:

What can you do to help when things are not right for someone?



How do you tell people what you need?

FOR SUPPORTERS:

How do you keep the person's voice central?



Who do you trust to help when things feel hard?

FOR SUPPORTERS:

How do you make sure the right people are involved?



What helps you feel supported when making decisions?

FOR SUPPORTERS:

What helps you support someone's choice?



What is the best way for someone to help you get what you need?

FOR SUPPORTERS:

What is the best way to ask the person what they need?



What helps you feel included when plans are made?

FOR SUPPORTERS:

How do you include the person in planning?



What helps you feel calm when you are worried?

FOR SUPPORTERS:

What helps you stay calm and steady?



What kind of help feels respectful?

FOR SUPPORTERS:

What kind of support shows respect?



RESPOND



RESPOND



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What helps you feel better after a hard moment?

FOR SUPPORTERS:

What helps you make things feel okay again?



What shows you someone really means they are sorry?

FOR SUPPORTERS:

What do you do to show you mean it when you say sorry?



What helps you trust again after something has gone wrong?



What shows you someone really cares?

FOR SUPPORTERS:

How do you help rebuild trust?

FOR SUPPORTERS:

What actions show things will be better next time?



What helps you reconnect after a tough time?



What helps you move forward after a problem?

FOR SUPPORTERS:

How do you check the person feels okay again?

FOR SUPPORTERS:

What can you do to help move forward positively together?



What helps you feel safe again after something upsetting?



What helps when someone is saying sorry?

FOR SUPPORTERS:

What helps rebuild safety?

FOR SUPPORTERS:

What do you say to help fix things?



REPAIR



REPAIR



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REPAIR



What helps you feel safe and comfortable each day?

FOR SUPPORTERS:

What habits help create safety and belonging?



What routines make your day easier?

FOR SUPPORTERS:

What routines help things go smoothly?



What helps small problems from getting bigger?



What makes your day feel easy?

FOR SUPPORTERS:

What early actions help prevent things going wrong?

FOR SUPPORTERS:

What helps make the person's day easy?



What helps you bounce back when something goes wrong?



What support helps you feel confident?

FOR SUPPORTERS:

How do you help when things go wrong?

FOR SUPPORTERS:

What builds confidence over time?



What helps when something is not working?



What helps you feel good?

FOR SUPPORTERS:

How do you adjust support when something is not working?

FOR SUPPORTERS:

What helps the person feel good?



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CHANGE**



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What helps you feel like you belong?

FOR SUPPORTERS:

What do you do each day to help people belong?



What helps you feel safe to speak up?



What do people do that make you feel respected?

FOR SUPPORTERS:

What respectful behaviours do you show?



What helps you trust SUPPORTERS or the organisation?



What helps you feel included?

FOR SUPPORTERS:

How do you include the person in real ways?



What small kindnesses make a place feel good?



What helps you feel safe sharing ideas?

FOR SUPPORTERS:

How do you make it safe to share ideas?



What helps you feel okay asking for help?

FOR SUPPORTERS:

What do you do to make asking for help okay?



CULTURE



CULTURE



CULTURE



CULTURE



CULTURE



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CULTURE



CULTURE



What do other people love or admire about you?



What is something you love, or are passionate about?



What is one thing that is great about you?



What are two things you really like?



What is one thing that makes you smile?



What is your favourite thing to do?



What is something you are proud of yourself for?



What is your favourite food or snack?



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What is something you like to do on a good day?



What is a favourite song, movie, or TV show you enjoy?



What is something that makes you laugh?



If you could do one fun thing today, what would it be?



What is a colour you like, and why?



What is something small that makes your day better?



If you could learn something new, what would it be?



What is a favourite time of day for you?



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What is something you enjoy doing with other people?



What is something that makes you feel happy?



What is something you like doing?



What is a little thing you really enjoy?



What is something you like to talk about?



What is something you enjoy watching or listening to?



What is something you like doing at home?



What is something you like having for breakfast or lunch?



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