

Stay Calm	Advocate For Others	Choices	Please stop!	I need help...
Can you give me space	Show Respect	I'm struggling...	Ask For Help	Listen
Self-Advocacy	Stop Bullying	Ask Questions	Express Yourself	Can I please take a break
Get Help	Problem Solve	I am feeling...	Reflect	Confidence
I'm having a hard time with...	Communicate	Assertive	Independence	Decisions

Advocate For Others	I am feeling...	Can you give me space	I'm having a hard time with...	Stay Calm
Assertive	Success	Stop Bullying	Ask Questions	Please stop!
I'm struggling...	Choices	Ask For Help	Can I please take a break	Express Yourself
Get Help	Decisions	Confidence	Listen	Independence
Show Respect	Reflect	Self-Advocacy	I need help...	Communicate

Assertive	Independence	Ask For Help	I'm having a hard time with...	Ask Questions
Show Respect	Stay Calm	Express Yourself	I am feeling...	Self-Advocacy
Reflect	Can you give me space	Confidence	Stop Bullying	Can you help me understand...
Listen	Please stop!	Success	Problem Solve	Choices
Decisions	I need help...	Can I please take a break	Advocate For Others	I'm struggling...