



Speak Up With Support

A clear, respectful script-builder for asking to be heard in appointments, meetings, schools, and services.

Start here

- 1 Prepare your opening: "I need help understanding my options and what happens next."
- 2 Share the concern: "The issue I need addressed is ____."
- 3 Ask for specificity: "Could you explain that in plain language and write down the next step?"
- 4 Close with a plan: "Who is responsible for this, and when should I expect an update?"

Keep close

- I deserve information I can understand.
- I can bring notes, a support person, or ask for a pause.
- If I do not feel heard, I can respectfully ask to speak with someone else.

IMPORTANT NOTICE AND LIABILITY DISCLAIMER

This resource is provided by A Contagious Smile for general educational and informational purposes only. It is not medical, mental-health, legal, financial, or emergency advice; it does not diagnose, treat, or prevent any condition; and it does not create a professional-client, therapist-client, doctor-patient, or other professional relationship.

By downloading or using this resource, you acknowledge that you are responsible for your own decisions and actions. To the fullest extent permitted by applicable law, you agree that A Contagious Smile and its owners, contributors, and affiliates are not liable for any direct, indirect, incidental, consequential, special, or other loss, injury, damage, or claim arising from your use of, reliance on, or inability to use this resource. Nothing in this notice excludes or limits liability where it cannot legally be excluded or limited.

If you are in immediate danger, at risk of harming yourself or someone else, or need urgent help, call local emergency services. In the United States, call or text 988 for the Suicide & Crisis Lifeline.