

Sharing my physical or medical health issues with a trusted person

Who/What/When/Where

THIS DOES NOT APPLY TO EMERGENCY SITUATIONS WHERE YOU NEED HELP IMMEDIATELY

Who is a trusted person I can share this with: a person with whom I can share personal and private information with and believe they will help and support me



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| <ul style="list-style-type: none">• Parent• Adult sibling• Support staff• Adult partner• A close friend I've shared private information with before who has helped me• Other? | <ul style="list-style-type: none">• Someone I know from a class I took• Someone I met online gaming• Someone I know on social media or online (such as Facebook, Snapchat, Instagram, a YouTuber) |
|--|---|

My trusted person(s): _____

What do I say: things I can say to start the conversation



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| <ul style="list-style-type: none">• Can I talk with you?• Do you have a minute to talk?• I don't feel well/I don't feel good• I want to let you know I _____• Other? | <ul style="list-style-type: none">• I FEEL LIKE CRAP!• DAD! DAD! DAD!• Other? |
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I will start the conversation by: _____

What do I share: things I noticed about my body from doing a mirror check and body scan that are important to share with my trusted person



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| <ul style="list-style-type: none">• A rash on my body• Stuff in my eyes or nose• My throat hurts• Coughing• My face feels warm or hot• My pain on my pain scale is a ____• Other? | <ul style="list-style-type: none">• My eyes are blue• My hair is black• My nails have pink nail polish• Other? |
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Things I can share: _____

When do I talk with this person: find a time when my trusted person does not appear too busy



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| <ul style="list-style-type: none">• The person is watching TV• The person is doing dishes• Other? | <ul style="list-style-type: none">• The person is talking on the phone• The person is taking a shower• The person is about to leave/go somewhere• Other? |
|---|---|

When I will talk with this person: _____

Where is a good place to talk with this person: a quiet place that we can hear each other and focus



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| <ul style="list-style-type: none">• A quiet place at home• Few or no other people are around• Sitting in a parked car• Other? | <ul style="list-style-type: none">• Lots of noise, people talking• Driving in traffic• Lots of other people around• Other? |
|--|---|

Where I will talk with this person: _____