

Teen Support Plan

Coordinate school, home and health strategies.

At school

- ☐ Movement or sensory breaks every __ minutes.
- ☐ Mini whiteboard or planner for instructions.
- ☐ Access to calm pass or safe adult when overwhelmed.
- ☐ Preparation for transitions and exams shared early.

At home

- ☐ Homework start cue (timer, alarm, body doubling).
- ☐ Screen agreement with clear off ramps.
- ☐ Positive reinforcement plan (token jar, activity menu).
- ☐ Weekly family check in to review wins and worries.

Health and wellbeing

- ☐ Medication taken with meals and logged.
- ☐ Sleep routine scaffolded with consistent wind down.
- ☐ Exercise or sport sessions scheduled for regulation.
- ☐ Therapy or coaching appointments noted.

Emergency plan

If mood crashes or self harm urges appear we will: _____

Contacts and services: _____