

Language: Advice and support for young people aged 11-18

Here are some tips for young people and their families to support them with understanding and using language.

What to do when I don't understand

Some young people find it tricky asking for help from someone they don't know.

Here are some things you could try:

- Ask the person next to you
- Look up the word in a dictionary or textbook
- Write down your questions or tricky words for when someone comes round to you
- Use traffic light cards instead of putting up your hand (this needs to be agreed with your teacher first)



Remembering what I've got to do

In secondary school, you have lots of different lessons and teachers. There might not be an adult available to remind you what to do. To help you remember what you've got to do, why not try:

- Using a task planner
- Making a checklist
- Write a list of things to remember and key words
- Write down words you don't know, to look up later or ask your teacher at the end of the lesson



Making sense of the words used around me

- Ask people to say something again or more slowly if you forget.
- Ask people to say it differently if you don't understand.
- Look up new words in a dictionary or use a device.
- Write down key words during lessons.
- Ask the teacher to write important things on the board or give you a list of key words to listen out for.
- Write down the tasks and tick them off when you've done them.
- Write tricky words in a topic book, to help you remember them.

Getting my message across

- If you can't think of the right word, talk around it or use gestures and drawings.
- Let others know that you need extra time to answer questions.
- Use drawings or write in a diary to explain when something has happened, what people said, and how people felt.

Learning and remembering new words

- Pick out the important words to remember for each subject or exam. You can ask a teacher to help if you find this tricky.
- Make a list of the important words to learn and remember (you could use a diary or planner).
- Go through the important words lots of times, to help you remember them.
- Think about different parts of the word, for example:
 - How it sounds
 - What it means
 - How we use it in a sentence
 - Does it have more than one meaning?
- Ask someone to ask you questions about the words you are learning. This will help you figure out what you have remembered about the word.

Organising myself

There are lots of things we have to remember in school, college and work. How can you remember what you need to bring each day? What do you need to get ready the night before?



Here are some tips:

- Checking your timetable every day so you know which lessons you will have.
- Make a list of your homework and when it is due.
- Make a list of what you need to remember to bring each day.
- Write down important things to remember.
- Have a routine in the mornings and after school.

What could you use as a reminder? Here are some examples:

A checklist

	Tuesday
√	P.E. Kit
	Flour, eggs and butter for Food Tech
	Protractor for Maths

A notice board in your kitchen or bedroom



Your planner or diary



Revising for exams

- Ask your teacher to write down common words used in exam questions. Make sure you know what they mean. For example:
 - Describe
 - Explain
 - Justify
 - Illustrate
 - Counter argument
 - Debate
 - Compare
 - Advantages and disadvantages
 - Formulate
 - Calculate
 - Reasoning
 - Articulate

- Use visual aids to help you remember key points, such as:
 - Mind maps
 - Word maps
 - Cue cards
 - Drawings

