



My Requests

Give me the dignity and respect I deserve

Always give me time to respond

Remember I like to make choices, please help me to do so

Always look out for me keep me safe

Always remember to tell me what is happening next

Stay calm and be patient with me

Give me the opportunity and time to communicate for
myself

Talk with me, not about me

Please take the time to understand what I am trying to tell
you

Please don't judge me