

NAME: _____

DATE: _____

Asking Permission and Following Rules

DIRECTIONS: Read the following information and write out your answers.

In the future, I will use the skills of *Asking Permission* and *Following Rules*.
The steps of the skills are:

Asking Permission

1. Look at the person.
2. Use a calm and pleasant voice.
3. Say "May I...?"
4. Accept the answer calmly.

Following Rules

1. Learn what rules apply to the current situation.
2. Adjust your behavior so that you are following those rules exactly.
3. Don't "bend" rules, even just a little.
4. If you have questions, find the appropriate adult to ask about the rules in question.

In the future, if I do not have permission to leave, I will stay in my assigned location. If I feel frustrated or am told I cannot leave, I will use a calming strategy (positive self-talk, silently counting to ten, or deep breathing). I understand that I will not always be given permission to leave, and I will have to remain calm by using my self-control plan. I will make sure I always ask permission first and respond appropriately if the answer is "No" by... *(describe your specific plan)*:

If I need help with a skill, I will ask a teacher, counselor, or administrator to help me or ask my family for help. This shows responsibility, which is an important character trait.
The people or resources I can use to help me are:

Between Asking Permission and Following Rules, the skill I need the most help with is:

The steps of the skill are:

At school, there are consequences for leaving without permission. Consequences can include an automatic office referral, detention, mediation time, phone calls to police or home, in-school suspension, and out-of-school suspension. In addition, there are natural consequences for leaving without permission, including missing schoolwork, falling behind, losing the respect of others, and losing the trust of adults and peers. **The consequences I want to avoid are:**

DIRECTIONS: You may need to refer to the previous pages to answer the following questions. For each question, write a response using at least two complete sentences. If your answers are not written appropriately (capitalization, punctuation, and readable handwriting), you may have to redo the worksheet.

What are two reasons why it is important to never leave school or class without permission?

How does leaving class or school without permission affect your school day?

What are two actions or steps that you can take to remember to ask permission to leave class?

There may be more consequences in the future for leaving without permission. What are two possible consequences?

What are two benefits or good things that can happen you stay in class or school until dismissed?

SIGNATURE

DATE