



Statements offered by children with emotional challenges when asked, “What do you want teachers to know about you?”

1. Teachers should understand that students are not dumb just because they have an IEP. Many teachers talk as if we are babies.
2. Teachers should not tell other students that I get help because I am on an IEP.
3. Teachers should know that I am not trying to forget things on purpose. They think I am being lazy or doing it on purpose.
4. Teachers should not keep pushing me to do something when I am upset. Then I cannot even hear what they are saying.
5. Teachers should believe that I have real problems and that I don't just do stuff to get attention. I wish I did not get attention.
6. PE teachers should understand that everyone is not a jock. They should listen better and hear when kids are making fun of me. They tell me to ignore jokes about being fat, but it is not easy to ignore when I know they are doing it on purpose.
7. Teachers should know that sometimes I am working like crazy just to stay in a class and look normal, when sometimes I am thinking thoughts like “run out of the room”. Sometimes I can hardly sit still or I am so tired that I do a lot of work to keep my eyes open.
8. Teachers should understand that sometimes I have a big problem and I need to get to the special ed teacher asap. Later when the teacher sees me and I look ok, they think I was just faking it to get out of class. They think my IEP teacher is enabling me.
9. Sometimes I get stuck on thoughts. Teachers do not know or understand about OCD. They do not understand that medicine makes me sleepy, but I need to take it.
10. Teachers should not “roll their eyes” when I need extra time on assignments. Sometimes my mind is foggy.
11. Teachers shouldn't get all excited when I get a correct answer. They should act like they do with other kids.
12. Teachers should be just as interested in learning about mental health as they are about other things.

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