

## What labels are floating around your child right now?

(From school, adults, friends, social media, doctors, even your own mind.)

Labels they've been called:

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Labels I use (even casually): (Any clinical language goes here)

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Does my child use a label to describe themselves?

Yes  No  Not sure

If yes, what do they say?

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### Reflection

- Is this label functioning like a tool... or like a definition?

**Labels can start as a tool but become an identity over time.**