

My Education



This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document is an easy read version of the page '[My Education](#).'

SEND support in education



There are laws to support children and young people who have special educational needs and disabilities (SEND).



These laws are to make sure you are treated fairly and get the support you need.



This support can come from schools, colleges, other educational settings and the local authority.



[There is a video about 'SEND support in education' you can watch on our webpage.](#)



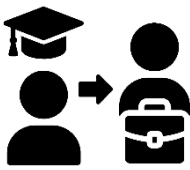
All children and young people should have an education that helps them to make progress so that they:



- Achieve their best.



- Become confident individuals living fulfilling lives.



- Make a successful move into adulthood, such as getting a job or doing more education or training.



For some children and young people to make progress, they need extra support. This is called SEN support.



The law says that all schools and colleges must give children and young people with special education needs and disabilities

(SEND) support to be able to access education and learning.



If you want help getting the things you need to succeed in learning, you can contact Ask Us Nottinghamshire.

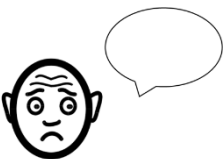
Thinking about what you need



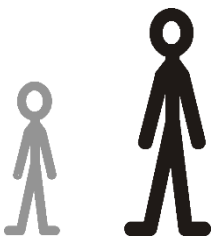
Sometimes, children and young people feel they aren't getting the support they need to do well.



This can feel worrying and frustrating.



If you feel like this, it is very important that you talk to someone about how you feel.



This person can be a parent, carer, a trusted adult, or a teacher at school or college.



You might want to talk about how you are feeling about how things are going in school, at college, or at home.



If you think this would be helpful, you could talk through some of the questions below.



- What do you enjoy?



- Do you have any worries?



- Is there anything you would like to ask your teacher?



- Is there anything you think would help?



- What extra help can you get?



Writing a list of things you would like to talk about with your teacher or tutor is a good way to help you remember and give the conversation structure.

SEND support at school, college and post 16



Teachers, school and college staff, should look regularly at the progress all their pupils are making.



If you need extra help, someone should recognise this and you should get support.



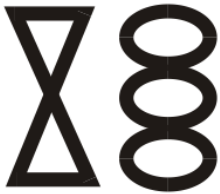
Any extra help that you get should be written down and explained in a SEN support plan.



Your college or school should keep records of your extra support and the progress you have made.



Your SEN support plan should be reviewed at least 3 times a year with you and where appropriate, your family.



SEND support can be given in lots of different ways, including:



- Accessible information, such as symbol-based materials.



- Mentoring.



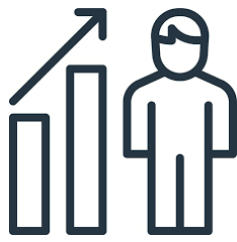
- Assistive technology, specialist tuition, or note-takers.



- One-to-one and small group learning support.



- A special learning programme, designed to support you.



The support you are given should be reviewed regularly, to make sure it is helpful, and that you are making progress.

Where can I get help?



If you need help with making decisions about the future, are struggling at school or college and don't know who to ask for help, you can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



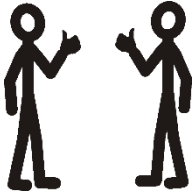
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: enquiries@askusnotts.org.uk



- Phone: 0800 121 7772

Links in this document

Ask Us Nottinghamshire- Young People's Zone- My Education (including video)

askusnotts.org.uk/young-people/my-education

Ask Us Nottinghamshire- contact us

askusnotts.org.uk/contact

This easy read was first published 13 April 2026.
This information was last updated 13 April 2026.