

## Building a Support Network

### *My Support Circle*

#### **Objective:**

Help students identify people they can turn to for support and encourage them to reach out when they need help.

#### **Instructions:**

##### **1. Draw Your Circle**

- Draw a circle in the center of the page. This represents you.
- Around the circle, write down the names of people you trust. This could be friends, family members, teachers, counselors, or anyone you feel safe with.

##### **2. Define Each Person's Role**

- Next to each name, write how that person can support you. For example:
  - *Friend*: Someone to talk to when I'm feeling down.
  - *Teacher*: Someone I trust with school-related challenges.
  - *Counselor*: Someone to help me work through personal issues.

##### **3. Reach Out**

- Think about when you last reached out to someone in your support circle. If it's been a while, consider connecting with someone this week, even if it's just to say hello or check in.

#### **Reflection Questions:**

- Who is someone in your circle that you feel comfortable reaching out to?
- How can building a strong support network help you make healthier choices?