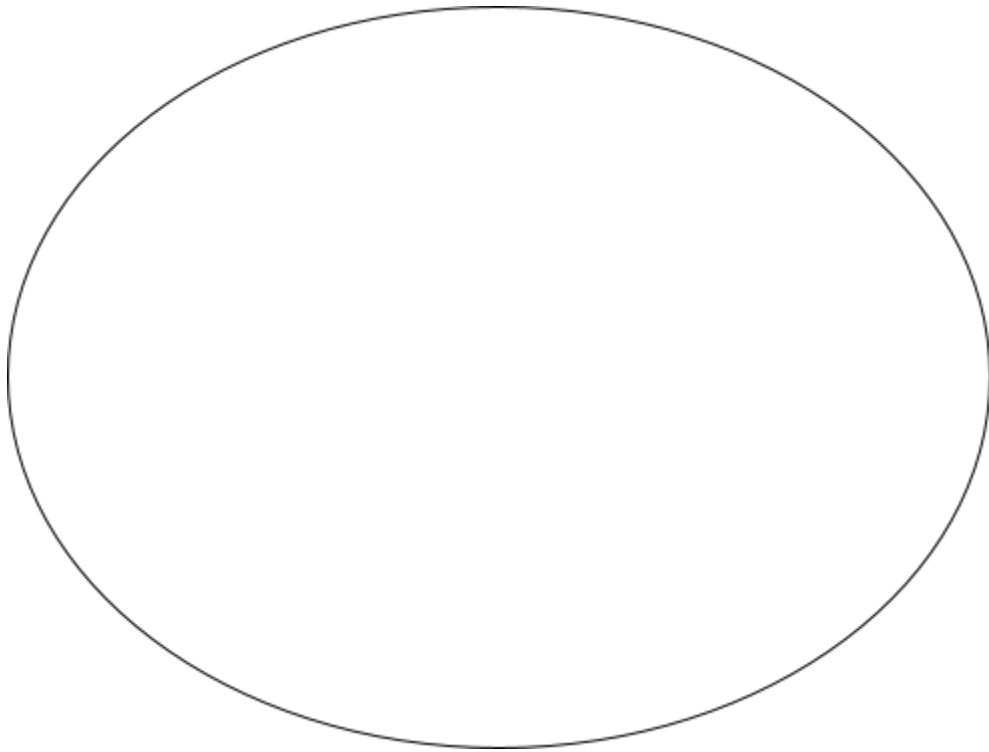


PEOPLE AROUND ME

This activity is designed to help reduce feelings of isolation by encouraging you to recognize helpful people in your life. In the circle below, list people who know and support you. Include family, friends, community members, teachers, coaches. Then, answer the questions that follow.



MY SUPPORT NETWORK

Who am I comfortable talking to when I feel lonely?

In my family: _____

At school: _____

In the community: _____

Who do I feel comfortable asking for help?

In my family: _____

At school: _____

In the community: _____