

Worksheet: My support circle

Version 1: On paper (20 min)

Instructions for students:

1. Write your name in the middle of the page and draw a big circle around it. This is the basis of your map.
2. Choose 6 people who are most important in your life.
3. Draw these 6 people in that circle; the more they mean to you, the closer you write their names to your name. Use these geometrical shapes

△ = for a grown up (for instance your father, mother, aunt, uncle, teacher, grandmother, nurse etc.)

○ = for a peer or young person (for instance your friend, brother, sister, cousin, peer at school, etc.)

4. Write their names under the shapes and who they are: e.g. mother, brother, friend, teacher.
5. Draw an arrow to connect you to each person.
6. Write next to each arrow what this persons means to you and how they (might) support you.

For instance:

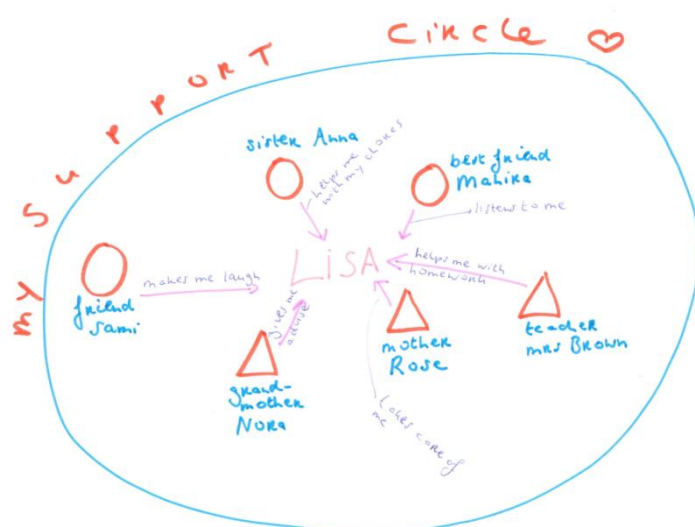
[my brother] helps me out with homework;

[my friend] listens to my problems;

[my teacher] answers my questions;

7. Did you miss someone important who supports you? Add that person to your support circle.

This is your support circle!



B. Reflection:

Look at your circle, answer these questions and write them in your Top Tip Peer Book:

What do you notice when you look at your support circle?

- Is the support you get from each person the same or different? Is that good or bad?
- Does your map contain mainly peers (○) or also grown-ups (▲)? What is the advantage of a peer or of a grown-up as a source of support?
- Who are your good friends? What do they mean to you? How do they support you?
- And the other way around: are you a friend to them? How do you support them?
- Remember the lesson about bodily changes? Who in your circle would you go to if you felt insecure about your body? Or if you had questions about puberty?

Addition of counselors and/or youth friendly services: do you know of professional support like a counselor, community nurse or another health care provider like a doctor or nurse? Add them to your map. They might also be useful as a support.

Wrap up

Your support circle helps you when you need it. You can fall back on those people and trust them. It may depend on the problem or question you have by whom you like to be supported. That's why it's important that you know of several different people in your support circle.

Keep the drawing of your circle with you over the coming weeks, we will use it again in the next lessons.
