

# My support network

## Playing

### Family

The members of my family are...

(My parents, carers, brothers, sisters, children, cousins, aunts, uncles, grandparents and wider relatives)

### Friends

My closest friends are...

(People I can talk to and trust the most, who are always there for me)

### Social contacts

The people who share similar interests with me are...

(Friends from the clubs, groups and networks I'm involved in, friends of friends)

## Learning

### Classmates

My school, college or university mates are...

(My old classmates, people I've studied or trained with and my current peers)

### Professionals

The teachers, lectures and support staff I get on best with are...

(Including all the people who really care about me, from canteen staff to social workers)

### Mentors

The people who really make me feel valued are...

(I trust them because they listen, understand me, never judge and always believe in me)

## Giving

### Neighbours

Positive people who live in my street or nearby are...

(The people who always have a smile on their faces)

### Volunteers

People I really admire who are making a difference in my community are...

(Ordinary people who are doing extraordinary things)

### Wider community

People who help me out and give me the time of day are...

(E.G. Friends of the family, club and group leaders, shop staff, sports coaches, support services, faith group and community members)

## Working

### Teammates

People I've worked together with are...

(On projects, challenges, activities, events and teams)

### Colleagues

My past and present colleagues are...

(All the people I've worked or volunteered with)

### Role models

People who I look up to and inspire me are...

(Role models who are in jobs I'd love to be in or have principles I really admire – I may know them or perhaps know of them)