

My support circle

Version 2: Guidelines for computer, Power Point (45 min)

A. Preparation (5 min)

1. Open the file 'template-my support circle' in PowerPoint;
2. Save this file, with a new name (your own name), to the correct folder;

Making your support circle (30 min)

3. Fill in your own name, in the centre;
4. Place your image in the middle of the map;
 - a. Do you have a digital photo? You select 'Insert', then 'picture', then choose the picture you want;
 - b. No photo? Just use one of the illustrations already on the map
5. Place about six figures around yourself to represent the six people you feel are most important to you. The middle ring is for those closest to you and so on. The figures are the men and women on the left of the page. If you need more, you select one and copy, paste;
6. Add a name under each person. You do so by dragging one of the boxes that says 'name' and then replace 'name' with the name of the person it refers to;
7. Drag an arrow to connect you to this person as in a diagram

Tip: you should save your work continually as you are working, so as to be sure you do not lose anything.

8. Then drag a blue box to each arrow. Type into that box what this persons means to you and how they (might) support you.

For instance:

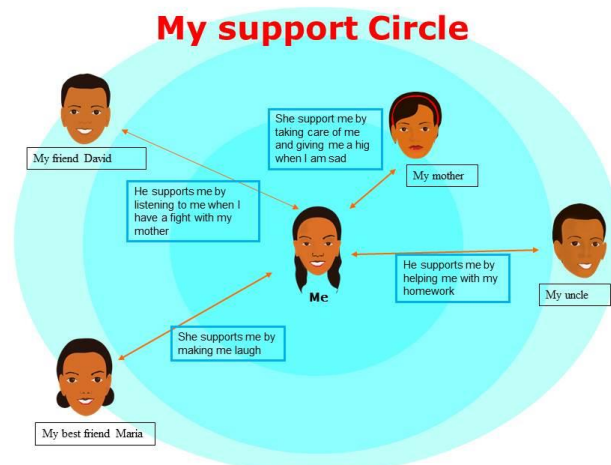
[my brother] helps me out with homework;

[my friend] listens to my problems;

[my teacher] answers my questions;

9. Do you miss someone important who supports you? Is there any professional like a counselor or nurse or doctor you know? Add that person to your support circle.

This is your support circle!



B. Reflection (10 min)

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 and what 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 last 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 counsellors and/or youth friendly services: do you know of professional support like a counsellor, 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.
