

E4S: Identify People who Support Me.

- 1) In the middle circle write the names of people you live with
- 2) In the next circle, write names of distant family members, friends or carers you are close to and who support you.
- 3) In the next outer circle write all the names of your close friends
- 4) In the next outer circle write in all the people including pupils, teachers, office staff, who are supportive at school. Then write in the names of people you see out of school and in the neighbourhood, e.g. friends, youth workers, youth club friends, people at their sports club, neighbours, people at church.
- 5) In the final circle write down organisations and other support systems you could go to if you need help (GP, NSPCC, emergency services)

