

MY SUPPORT NETWORK



1 hour

Create a safe and positive learning environment by agreeing ground rules for the lesson.

In this lesson we will learn:

- ➔ that there are people who can help
- ➔ who to talk to about different kinds of problems
- ➔ that no problem is too big or small to deal with
- ➔ that support networks change over time
- ➔ that support networks are different for different people.

Resources

- 🕒 role cards cut up
- 🕒 support network sheets copied
- 🕒 support network slide.

Digital resources

- 🕒 My story – Grace audio.

Activity

1. As the students come in to class, ask them who they have talked to today.
2. Hand out one role card to each student. Tell them that their character has a big problem with a really close friend.
3. In pairs, think about who that person might talk to about this? Why would they choose this person? How likely are they to talk about their problems? Why? Write down the responses. Feed back for each role.
4. Discuss as a class. Who is more likely to talk about their problem, and why? Should this be the case? We all need help to cope with things in our lives from time to time. Knowing who and where to go to for help, and how to ask for support, is really important. There is always someone you can talk to.
5. Draw and write: what do we look for in someone to talk to? Ask students to work in small groups or pairs and draw a picture and label what this person is like. Feed back and share qualities. What else do we need to consider? The person's time and availability, for example.
6. Hand out the support network sheets and ask students to think of all the people they can talk to. Ask students to fill in who – and what – is there for them. Make sure all students have someone in school, out of school, in the local community and online. Use the support network slide as an example.



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7. Emphasise that there is always someone you can talk to about a worry, however big or small a problem is. It can help to have different people for different problems. Our people also change over time so it's important to revisit this and consider who is available for us at different times. That's why we have networks of people as we will have different people for different problems. You can take responsibility for finding the support you need.

Extension activity

Ask students to research different support groups, helplines and support websites that are aimed at their age group. Consider what the pros and cons of each are and what they offer. Feed this back to the class and build a list of what's available for the students to have.

Reflection

Would I use online support if I needed it?

Do I know how to access help in school if I needed it?

Links to: [all other sessions](#)

Make sure young people know what support is available and how to access this support.

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