

The Supports Around You

Developmental Assets Tie-in:

- 1—Family Support
- 3—Other Adult Relationships
- 4—Caring Neighborhood
- 14—Adult Role Models
- 15—Positive Peer Influence

Think about the people in your life. Who supports you? Think about your parent(s), extended family members, teachers, neighbors, friends, coaches, employers—anyone you think is supportive. Write your name in the middle circle below. Then write the names of supportive people that you know and trust in the surrounding circles, with one name in each circle. If you want to include more than eight people, draw more circles and add those names. After you finish, circle the person you feel closest to.

Then choose one of the people you would like to get to know better and decorate that circle so that it stands out from the others. In the next two weeks, do one thing to let that person know that he or she is important to you. You can call the person on the phone, visit the person, or send a letter or e-mail.

Consider choosing a different person to reach out to each month.

