

My Support Network

A support network is made up of those people around you who look after you, help you when you have a problem, listen to you when you are talking, laugh with you when you need to have fun and make sure you are healthy and well cared for.



So, who is in your support network? E.g. My mum and dad

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

You don't always need lots of people in your support network but it is good to have a few as they may be able to give you different kinds of support in different situations.

For example, you might have a friend who always makes you laugh. It might be that your mum makes you feel well-looked-after or a particular uncle is good at listening and giving advice when you are struggling with something.



Here are some other ideas for you to think about as well:

1. Smile at people. People like to be smiled at. They like people who are kind and helpful.
2. Be inclusive. For example, if you are playing a game and you see someone is on their own, ask them to play with you. They will really appreciate you asking them. If you are

on your own one day, they are likely to ask you to join them as well. Great friendships are made by including people.

3. Be honest, reliable and loyal. Don't make things up or lie. Always tell the truth and look after your friends. They will do the same for you.

4. Don't be afraid to ask for help if you are struggling with something. The chances are if you are struggling with something, someone else will be as well. They are likely to be grateful to you for asking when perhaps they were struggling to ask themselves.

5. Try to tell your family how you are feeling and what is happening in your life. This could be at dinner time if you can all eat together or it could be when you are going out in the car, etc. Make sure you are honest and keep your family up to date with what is going on. If they know what is happening and what you are feeling, they will be able to support you. You can also support them as well so make sure you know how your family members are feeling and what is happening in their lives. The feeling of helping others is great and will really strengthen your support network.

6. Be confident and brave. If you see someone doing something that you enjoy or would love to try, go and speak to them. The chances are they will let you join in and will teach you something new. You can then teach them something and start to create a relationship where you both share the same hobbies and interests.

7. Try new things. You may think you aren't interested in something but how do you know until you try? Join a local club or try several new hobbies and interests. You might find you love a new sport or hobby and will make a whole new set of friends with the same interests. This will increase and strengthen your support network.