

# DEVELOP MY SUPPORT TEAM

## ACTIVITY

### Time Needed

40–60 minutes

### Materials

Note-taking supplies

List of questions (below)

### Activity Description

Everyone needs someone in their lives who they can count on and who can help them make healthy, happy, and rewarding decisions. This activity is designed to help you think through who makes up the team of people that can support you.

Peer pressure is as much about peer selection as it is about negative influences. Who we seek out for advice and support makes a big difference. In this activity, simply identify who you turn to for help and support and share why. You do not have to include names if you do not want to—you can use “friend,” “classmate,” or “relative” instead. Identify the person/people you would ask for help with fun or challenging situations and briefly share why you identified them.

This activity is to help you begin to think through people in your life you can truly count on and create a group you can learn to count on. By contacting members of the support team, you are committing to making a connection and letting the support team know they have a responsibility to you and that you appreciate it.

### Suggested Steps

1. Think through your support team.

On your own, think through the following prompts and questions. You can respond independently on paper or on computer, or if the setting and time allows, consider having a conversation with another person or a small group.

### Questions and Prompts:

- Who do you turn to when you have questions, need support, or simply want to talk through an issue or concern?
- Who do you turn to for help with math homework? Why?
- Who do you turn to for help with friends? Why?
- Who can you always call for help? Why?
- Who can you ask for a ride home from school? From a party? Why?
- Who can you turn to for help with household chores? Why?
- Who can you talk to about anything? Why?



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## 2. Consider how you can lean on your support team.

How does your support team help you? If people at school or outside of school were pressuring you to try something that made you uncomfortable, who would you turn to for help dealing with the situation? (Again, you don't have to include names.) What do you think they would say or how do you think they would support you in making the healthy, positive decision?

## 3. Contact your support team.

Generate a plan to contact your support team. Contact could include reaching out by phone or text, letting them know they are a member of your support team and explaining what that involves, and thanking them for being someone in your life you can count on. The plan should include:

- When you will reach out
- How you will reach out
- Who you will reach out to
- What you will say to this person/people (consider thanking them)
- What questions you would want to ask.

## 4. Share your plan of contact.

Making a commitment to do this will help to ensure they do it. Either write it down, or talk with your pair or group members to share your plan.

- What is your plan?
- When will you reach out?
- How will you make contact?
- What will you share and/or ask of your team?



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