

YOUTH DEVELOPMENT TOOL 02

My Support Circle

Know who is in your corner before you need help.

Everyone needs people they can turn to. A support circle can include family, friends, teachers, coaches, mentors, counselors, faith leaders, neighbors, or community members. Different people can support different parts of your life.

Build your circle

- Write down one adult you can talk with when you need honest advice.
- Write down one person who encourages you or notices your effort.
- Write down one school, community, or program connection that can help you solve a problem.

Know what to ask for

- Sometimes support means listening. Sometimes it means practical help, information, a ride, encouragement, or help making a plan.
- Practice a simple opening: “Can I talk with you about something?”
- Be specific when you can: “I need help thinking through my next step.”

Keep the connection going

- Check in before a problem becomes urgent.
- Thank people who show up for you.
- If one person is not available, reach out to another trusted person.

GROW reminder: Progress can begin with one honest conversation, one thoughtful choice, or one small action.

Make it yours

Reflection and action page

Use this page to write down what stands out and choose a next step. There is no perfect answer. Honest answers are useful answers.

What stands out to me from this guide?

What is one thing I want to do differently or keep doing?

Who could support me with this?

My commitment: The first person I can contact this week is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.