

# My Support Team

## LEARNING OBJECTIVE

I will be able to identify those around me who can help me continue to make healthy, happy, and rewarding decisions.

## DIRECTIONS

Who do you turn to when you have questions, need support, or simply what to talk through an issue or concern? 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 with different activities and then share why. You do not have to include names if you do not want to—use “friend,” “classmate,” or “relative” instead.

Identify the person/people you would ask for help with the following situations and briefly share why you identified them. Then, answer the questions that follow.

Help with math homework:

Who:

Why:

A partner to help study for a science test:

Who:

Why:

Four partners for a group project in history class:

Who:

Why:

Someone to give you a ride to school:

Who:

Why:

Someone to help clean your room:

Who:

Why:

Someone who you can talk to about anything:

Who:

Why:



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH

1. Did you identify the same person for most or all of the situations above? Why or why not?
  
2. Would you choose someone who is not strong in math to help you with your math homework?
  
3. Did you identify close friends for the group project activity or classmates you know would share the work and help get a good grade?
  
4. What about for cleaning up? Did you identify a friend or someone who is particularly good at picking up?
  
5. Would you choose someone without a driver's license to give you a ride to school?
  
6. Think about all the people you know who can help you deal with challenging situations. 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?

