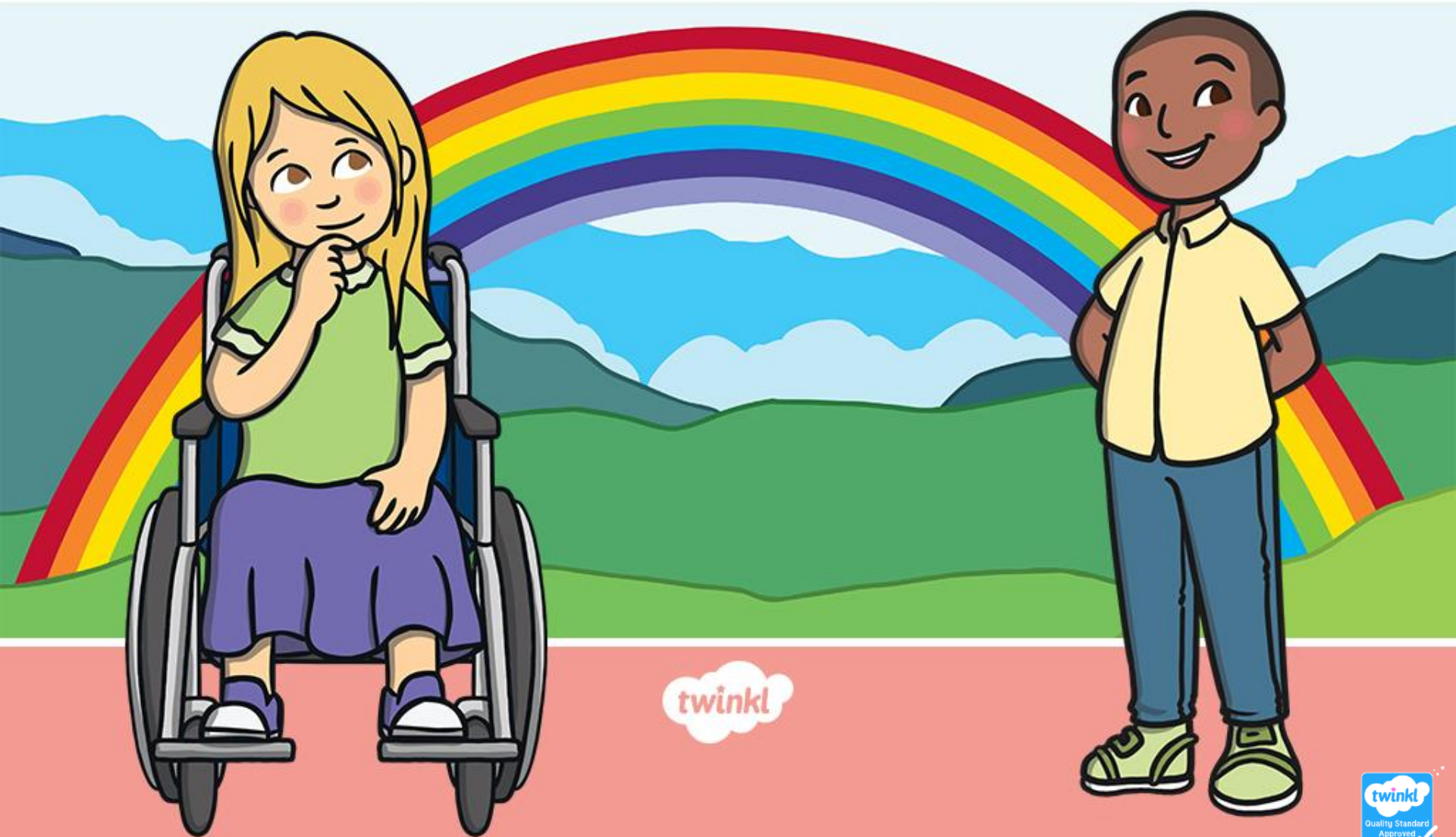


Looking After Your Wellbeing



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Support Networks

When you are looking after your own feelings and happiness, it is important to know how much other people can help and support you.

As well as this, you can be there to support and help others. Often, thinking about other people helps you to feel good and positive.

It is important to reach out to others and say when you need help.

Remember, other people will feel good from helping you.



Support Networks

Think about all the people who are there to support you.

This could be:

- family members;
- friends;
- teachers;
- other adults;
- support workers; or
- online support sites
(always check these with a grown-up first).



Support Networks

Using the **Support Network Web**, write the names of every single person within your support network so you know all the people who are there to support you.

Support Network Web

The diagram is a central circle labeled "Me" with six lines radiating outwards to six empty rectangular boxes. Below the boxes are two cartoon illustrations: a boy in a wheelchair on the left and a girl in a hijab on the right.

This resource is for use with the Learning Outcomes and Goals Framework for the PSHE Association's **Relationships** subject.

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Remember, you can go to anyone you feel comfortable talking to within your support network.