



Building support networks

 To identify the support systems in place around them

 20 minutes

 Paper
Pens

What to do

■ Gather the participants into one large group.

 *One of the key tools which can help us become more resilient is by building a great network of friends, family and other people we trust who we can go to for support when things get tough. We call those people our 'support network'. In this next activity, you are going to think about who is in your support network, then think about ways you could extend this network and make it even stronger."*

■ Hand out paper and pen to each participant.

■ Ask the participants to draw a map of their support network. This can be as simple or as elaborate as they like. It should show who is a part of their network, and could show the kinds of things they would turn to each person for support with.

■ As they do this you should move around the room, checking they are on task and helping girls to think of their sources of support.

■ Once everyone has had a chance to draw their own support network, hand out another coloured pen and ask them to get into pairs and help each other to think of ways they could build and extend their support network, for example, is there anyone on their partner's list who they might be able to go to as well? They should add these into their support network map.

■ Once they have had a chance to do this ask a couple of the pairs if they are willing to share their maps and the things they think they could do to strengthen their networks.

 *So, now you've thought about the different people you can go to when things are getting too much, and the things you can do to build your support network and keep it strong. Building and maintaining a strong support network is a key resilience skill, so the next time you feel like you could use some help or support, refer to your map and ask for some support."*

