

<b>Duration</b>	30 minutes	<b>Grade</b>	VI,VII
<b>BUILDING SUPPORT CIRCLES</b>			
<b>Aims and expected results</b>	The students: <ul style="list-style-type: none"> <li>- Learn who are trusted adults.</li> <li>- Learn to tell a parent, guardian, or trusted adult if anything happens to them or they feel sad or lonely.</li> </ul>		
<b>Materials</b>	- Copies of Building Support Circles worksheet		
<b>Description of the activity:</b>	Introduction	The group stands in a circle. They learn that it is important to tell a parent, guardian, or other trusted adult if anything happens to them or they feel sad or lonely. Students brainstorm and identify who the trusted adults are in their family, neighborhood, friend group, school, and community. They then complete “Building Support Circle” worksheet.	
	Main activity	Tell students: Today we’re going to learn who trusted adults are in our lives and what to do if anything ever happens to us; when we feel lonely or bad. The message we are going to focus on today is: I will tell my parents, guardians, or other trusted adults if anything happens to me, feel unhappy or lonely. Trusted adults respect my opinions, ideas, and feelings. Trusted adults will listen and help me work out a solution to any problem I may have. I will tell a trusted adult when something is bothering me or when a problem becomes too big for me to handle. What should you do if anything ever happened to you or if you had a problem? Tell a trusted adult right away. Who is a trusted adult? Someone you can talk to about anything; someone you feel happy being around; someone who is a good listener; or someone who has helped you before. What kinds of things should you tell a trusted adult about? Anything you want to; things that make you feel scared, uncomfortable, or confused; a problem you are having; or anything that makes you happy. Remind students that trusted adults will help them no matter what the problem is. What would a trusted adult do if you told him or her that something bad or dangerous had happened to you? A trusted adult would help you solve the problem, be understanding, get help, and work hard to keep you safer. If someone approaches you or tries to hurt you, touches you in a way that makes you feel scared, uncomfortable, or confused, or if you are in any kind of danger, you should tell a trusted adult right away.	

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Think of a few adults in your life who you have approached with a problem or who you can imagine going to with a problem in the future. What types of people could possibly be trusted adults in your life? Have students brainstorm. Divide the board into three categories and write each on the board: family, friends, and others such as adult helpers in the school and community. Write their answers on the board in the appropriate columns. Possible answers include parents or guardians, teachers, principals, police officers, family friends, grandparents, aunts and uncles, older siblings, foster parents. You should always go to an adult who makes you feel safe and comfortable. It's important to know that not all adults are trustworthy; if a person you trust ever does something that is not OK, always know that there are other trusted adults you can go to for help. Give the students the worksheets and ask them to build their support circles.

Conclusion  
and  
Evaluation

At the end of the activity, tell the students that "You can see by the circles that you are surrounded by adults who care about you and your safety. Remember that these adults are ready to listen and help you when you need them. It's never too late to tell a trusted adult if something is bothering you." Encourage children to take their circles home to discuss with their own trusted adults.

**Notes:**