

Student Name: _____

Sharing and Reflection: Circles of Support Map



Instructions: In this activity, you will create a **Circles of Support Map** to show the different people and resources you can turn to for help. These may include:

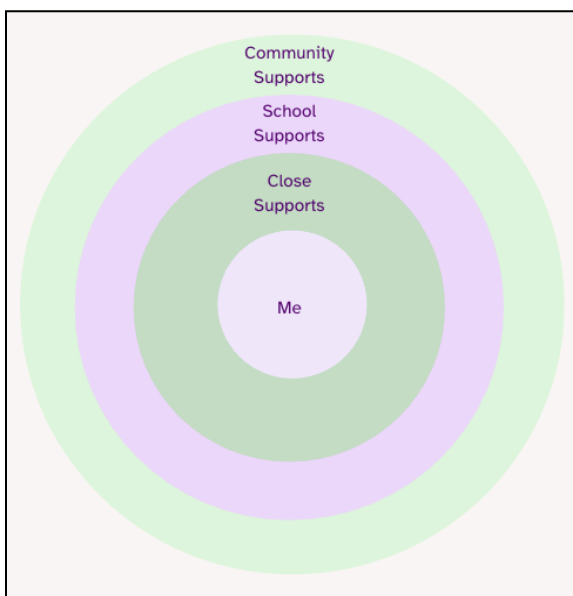
- **Close supports** – e.g., friends, family, or caregivers
- **School supports** – e.g., teachers, counsellors, coaches
- **Community supports** – e.g., health centres, helplines, youth programs

How to Create Your Map

You can choose to draw your map using any format such as paper, Canva, Google Slides, etc.

1. **Start with yourself:** Draw a circle in the centre and write your name inside.
2. **Add your closest supports:** In the first circle around you, include the names of family or friends who give you strong personal support.
3. **Expand outward:** In the next circles, add other people or organizations who can help, such as teachers, counselors, neighbours, coaches, healthcare providers, or online support.

Example:



Think about different kinds of support:

Some people help emotionally (listening, comfort), while others provide practical or professional help (guidance, treatment, information).

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Reflection Questions

After completing your map, reflect on these questions:

1. Which supports feel easiest to reach out to, and why?
2. Which ones feel hardest to reach out to, and why?
3. How might stigma or fear affect your comfort in asking for help?
4. What could make it easier to reach out to people or services in each circle?