Identifying Supportive Adults

When we are experiencing ups and downs in our lives, it can be important for us to identify safe and supportive adults to turn to. What makes someone in our lives safe and supportive? Think about adults in your life that work to build trusting relationships with you, show care for your wellbeing and listen to you.

Who do you turn to?

<table>
<thead>
<tr>
<th>When I experience an <em>accomplishment</em> in my life, who are the first people that I go to?</th>
<th>When I experience a <em>difficulty</em> in my life, who are the first people that I go to?</th>
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Follow up questions:

1. Are these people peers or adults? Friends? Teachers? Family members?

2. Were some people on both lists? If so, why do you think that is?
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3. Why do you go to these specific people? What qualities do they have?

4. How do you hope the person you go to responds when you talk about your accomplishments or difficulties? How do you know they will respond this way?

Contact Umbrella: If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at (802)748-8645 and in Orleans & N. Essex counties at (802)334-0148 or email an advocate at Advocate@umbrellanek.org