

Achievements and Potentialities

Safety net:

Every member takes a sheet of paper. In the middle of this paper everyone draws themselves. Around that, a safety net is constructed which visualizes the trustful and loving environment of a young person. This should help realizing that there are supportive people who are there for them when they need advice, help or someone to talk to.

The safety net starts with a circle around the middle called "home". In this circle the participant lists all the people who they are close to, trust and feel safe around: mother, father, guardian, grandparents, siblings, relatives, good friends or other close persons. The next circle is called "school" and should be filled with the names or drawings of class teachers, friendly classmates, special education teachers, career advisers, counselors, the school nurse or psychologist. The last circle, named "hobbies and spare time", is the circle in which music teachers, team mates, internet friends, coaches, neighbours, the therapist, hobby groups, other trustworthy adults, church worker, guidance counselor or social worker should be written down.

