***My Personal Support Network***

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is a support network?

A support network is made up of all the people and relationships that we have in our lives. We depend on these relationships to keep us happy, healthy, and safe. You could think of it as interconnected strings that come together to form a net that can catch you if you fall.

Everyone has a support network, though some people might have to look a little harder to find theirs. Everyone’s support comes from different places. You might have different categories than other people, and you will have different people in your categories. That’s totally fine!!

Using the sample web as a starting point, **create your own** Personal Support Network. Include as many specific examples as you can (you don’t have to include names if you don’t want to).

