Tell us about who supports you. This could be your parents, rugby coach, year 6 teacher, grandma, sibling etc. The closer they are to your ‘me’ circle, the more important they are to you.
Use two different coloured highlighters
Use one colour to highlight things you are worried about ☐
Use the other colour to highlight things you aren’t worried about ☐
Parents

P3 - Chat to your child about who supports them at home. Are there members of the wider family network that your child uses to access support – think about adults they come into contact with on a regular basis such as Sports coaches, Scout Leaders etc.

P4 – Can you work through this page with your child and discuss each of the items in turn. If your child identifies it as a concern, are they able to explain why they are worried about it? Can you work together to identify ways that these concerns could be addressed?