



Naturally Connected Networks Questions

Questions to ask Youth:

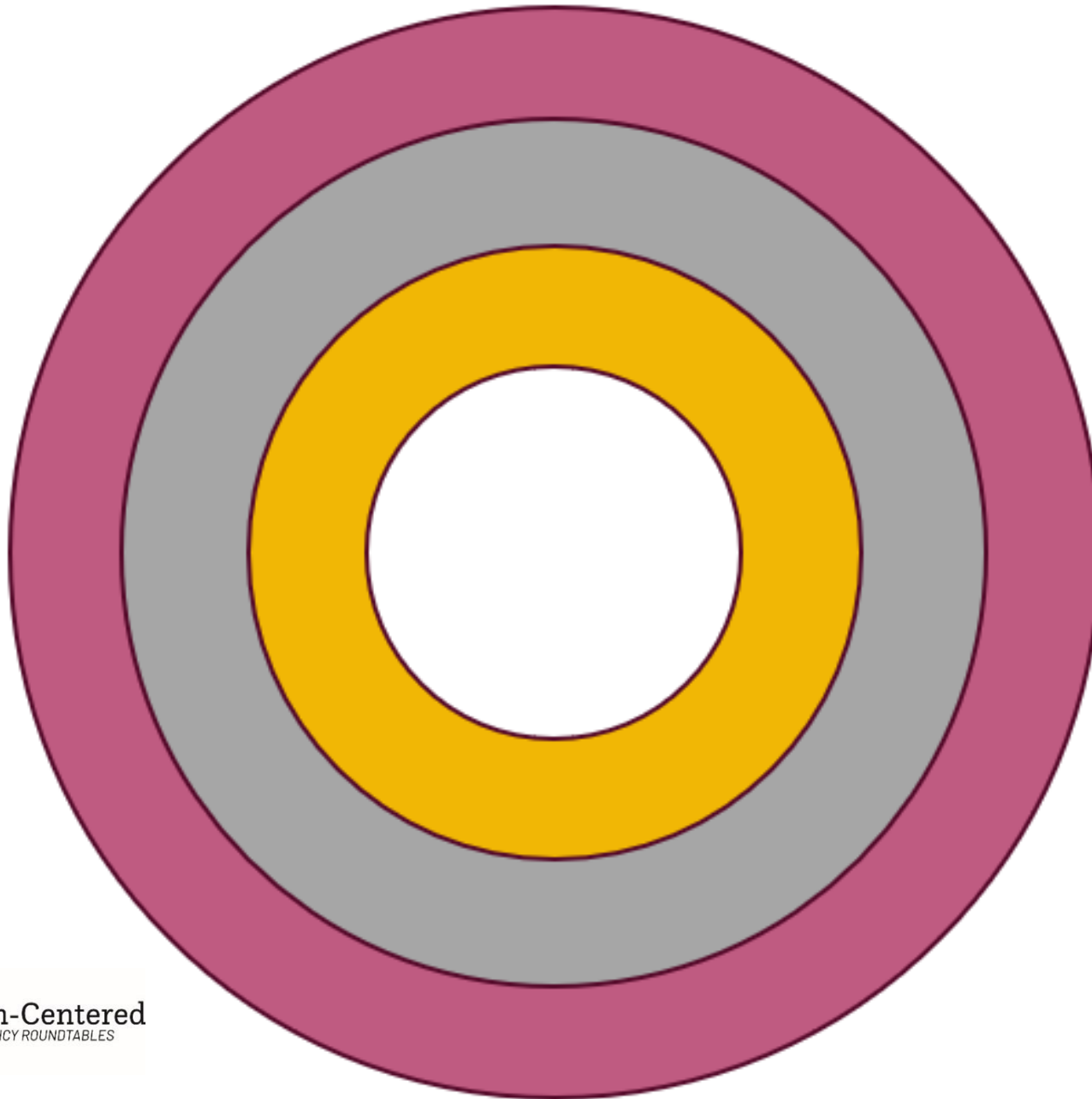
- Who are the people that have stuck with you at your best and worst moments in life?
- Can you tell me about someone in your life who really got you, you really felt understood you? (Really appreciated you?)
- Think back to a day when you were having a really tough time. Who was there to support you?
- What was the most fun thing you have done in the last 6 months? Who was present?
- When you think of your most favorite holiday celebrated with your family or loved ones, who was there and what made it so special?
- If I gave you 1 million dollars right now and said you can have the 1 million free and clear but you to give a million dollars to 5 people in order to receive yours. Who would those 5 people be?
- Who is someone in your life that you would tell exciting/good news to?
- Who did you consider to be the most significant people on your life growing up?
- Who is someone you talk to every day? (text, DM, Snap Streak?)
- Tell me about your wildest dreams for the future? What does it look like and who's there with you?

Questions to ask Parents:

- Who has been the person that surprised you the most when you needed help caring for your child?
- Who have you relied on when things got crazy in life?
- When you think about your past, who has been most supportive of you in the choices you have made regarding your children?
- Who was there when your child was born?
- Think about a time in your past where you were in a crisis of some kind (financial, medical, etc.). Who did you confide in?

www.safetyplanning.org, Dan Koziolk and Kevin Campbell

CIRCLES OF SUPPORT



INNER CIRCLE:

Core

People you trust and depend on the most.

Examples:

- Yourself
- Close Family Members
- Siblings
- Close Friends
- Significant Other

CIRCLE 2:

Relationships

Close friends/family you would want at a meeting to support you.

Examples:

- Friends
- Neighbors
- Cousins, Uncles or Aunts
- Grandparents

CIRCLE 3:

Community

Groups you belong to and places you like to go.

Examples:

- Community Activities
- Church
- YMCA, Boys/Girls Club
- Sports
- Clubs

OUTER CIRCLE:

Exchange

The people you interact with regularly for services or support.

Examples:

- Teacher/School Staff
- Therapist or Doctor
- Mentors or Volunteers
- Co-Workers