

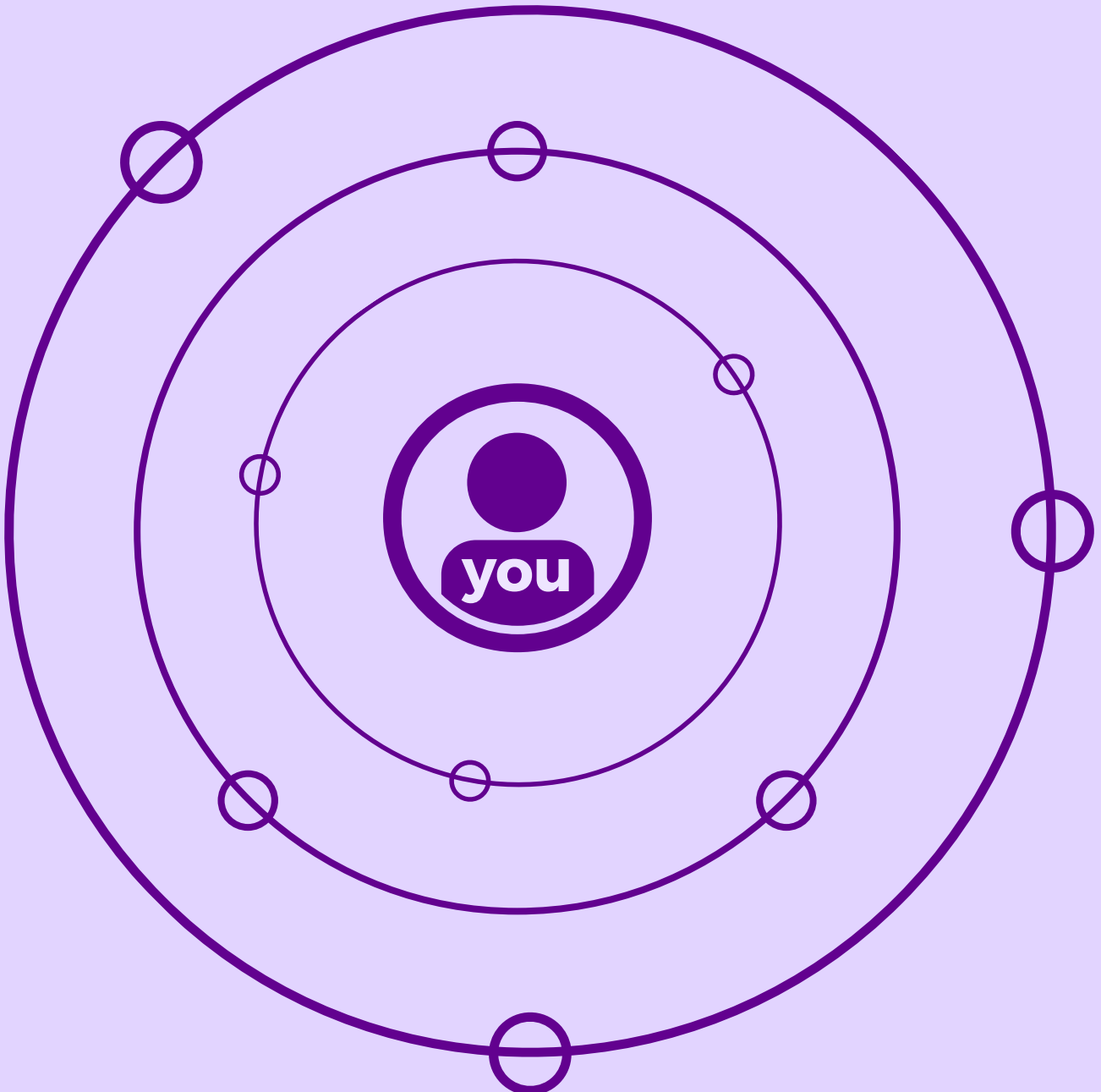
My Support System



Who is a part of your support system?

Think about all of the different positive, supportive relationships in your life. Your support system might be made up of:

- family: parents, siblings, grandparents, aunts, uncles, cousins
- friendship & chosen family: queer community, drag houses, friends, QPRs
- romantic and/or sexual partners
- trusted adults: therapists, teachers, guidance counselors, coaches, religious leaders
- pets
- anyone else who makes you feel supported!



When and how do the people in your system support you?

at home:

When do I typically need support at home?
Who can I go to for support at home?

at school:

When do I typically need support at school?
Who can I go to for support at school?

at _____:

In what other settings do you need support?
Who can you go to for support there?
