



FIRST FIVE · COMMUNITY SCHOOLS · STRATEGY 2 · SUPPORTED

Who's Got Your Back?

Support, help-seeking, trusted relationships, and resilience.



FOUNDATIONAL MESSAGE

You don't have to handle everything alone.

1 2 3 4 5
KNOWN SUPPORTED CONNECTED MOTIVATED EMPOWERED

STRATEGY 2 — SUPPORTED



Who's Got Your Back?

Focus: Help-seeking, resilience, trusted relationships, and access to support

Activity Summary

Students consider several common situations when they might need support and identify people they could turn to inside or outside of school. Through simple movement and a short personal reflection, the activity normalizes asking for help and reminds students that support is available before a problem becomes a crisis.

Why it matters

Resilience does not mean handling everything by yourself. Students are more likely to work through challenges when they know who they can turn to and feel comfortable using those relationships. The goal is not to ask students to disclose a current problem. It is simply to help them think ahead: "If I needed support, who could I go to?"

Set Up the Room

Create four support areas around the room. Students will choose the kind of support that might help on a difficult day.

HELP WITH SCHOOL

SOMEONE TO LISTEN

HELP SOLVING A PROBLEM

ENCOURAGEMENT

Teacher Framing

“ Everybody needs help sometimes.

“ THEN
That doesn't mean something is wrong. It means we're human.

“ THEN
We're going to think for a minute about the different kinds of support people sometimes need.

1

STEP 1

Pick a Kind of Support

“ Everybody stand up.

■ Point out the four support areas.

“ Imagine you were having a tough day. Move to the kind of support you think would probably help you most.

■ Students move. Give them a few seconds to settle in.

2

STEP 2

Think of Someone

“ Now think of one person you could go to if you needed that kind of help.

“ THEN
It could be someone here at school or someone outside of school.

POSSIBLE SUPPORT

Teacher

POSSIBLE SUPPORT

Counselor or social worker

POSSIBLE SUPPORT

Coach or activity leader

POSSIBLE SUPPORT

Community school staff

POSSIBLE SUPPORT

Family member

POSSIBLE SUPPORT

Friend or peer

POSSIBLE SUPPORT

Other trusted adult

No one has to share the name publicly.

3

STEP 3

Add Another Person

“ Now think of one more person.

“ THEN
It's good to have more than one person on your team.

4

STEP 4

Make Your Support Map

Optional: give each student a small My Team card with the prompts below.

MY TEAM

One person at school I could go to: _____

MY TEAM

One person outside school I could go to: _____

MY TEAM

If I'm not sure who to ask, I can start with: _____

Close

“ Strong people still need other people.

“ THEN
One of the reasons we build community at school is so you don't have to figure everything out by yourself.

“ FINISH WITH
You don't have to handle everything alone.

Helps Strengthen

Resilience • Behavior • Attendance

Community Schools Alignment

Integrated Student Supports

You don't have to handle everything alone.

ACTIVITY PATTERN



NOTICE I NEED HELP > FIND SOMEONE > REACH OUT

