



Support System

The Goal: This exercise will help students understand the qualities of “safe” people so that they can build a solid support system.

Materials:

Room, circle of chairs, [Indigo Report](#), pencil and paper.

Step 1: Brainstorm qualities of “safe” people. Students can use real or imaginary people for examples.

Step 2: Have students list real people in their lives that fit these qualities.

Step 3: Challenge students to be a “safe” person for someone else by demonstrating qualities of a safe person.

Example: *An example of a safe person could be “caring, a good listener who knows my needs” or “honest, direct, gives me smart advice.”*



TIP: The definition of “safe” will vary from student to student. Use the [Summary](#) and [DISC](#) pages in the [Indigo Report](#) to determine what type of safe person will be the best fit for each one.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Career: *Take Responsibility; Self Advocacy; Self Motivation / Self Direction.*

Social/Emotional: *Whole Self; Critical Thinking; Personal Safety; Building Positive Peer Relationships, Building Positive Adult Relationships.*