

Who's in your circle?

Respectful Relationships

To help students visualise their personal support network and practise identifying safe people they can turn to in different situations, promoting a strong sense of well-being and emotional safety.



Learning Intentions

Students explore who are their safe and trusted adults and peers.

This helps students build awareness of the people they can rely on in times of need.

Students learn to recognise when and how to seek help.

This encourages students to reflect on situations where help is needed and how to ask for it confidently.

Students practice supporting others to seek help too.

This builds empathy and promotes a supportive classroom community where help-seeking is normalised.



Success Criteria

Recognition of Peer Pressure:

Students can identify trusted individuals in their lives across different layers of support.

Help-Seeking Confidence:

Students demonstrate confidence in naming when they might need help and how to ask for it.

Peer Support Reflection:

Students can describe how they might encourage or support others in accessing help.



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Objective:

To help students visualise their personal support network and practise identifying safe people they can turn to in different situations, promoting a strong sense of well-being and emotional safety.

Players:

Whole class or small group activity.

Materials:

- A4 paper
- Pens or pencils
- Scenario cards (found in PDF resource tab)

Setup:

Distribute one blank piece of paper per student. Draw three rings or concentric circles:

- **Inner Circle** – People I trust deeply (e.g. parents, best friend)
- **Middle Circle** – People I feel okay talking to (e.g. teacher, school counsellor)
- **Outer Circle** – Emergency or community supports (e.g. Kids Helpline, police, coach)

Activity:

1. Draw your circles:

Students create their "Support Circle" by drawing themselves in the centre and then adding names to the rings based on their level of trust and comfort.

2. Scenario time:

Read aloud or provide written scenario cards to students (e.g. "You're feeling anxious about a test," "You're worried about a friend's safety," "You feel overwhelmed at school."). For each, students reflect and identify who in their support circle they could go to and list a few dot points as to why they would turn to them for help in each situation. Encourage students to think about how their support person would react, how they would help, how they would handle the situation, how likely they are to keep it private from others, have they experienced something similar in the past?

3. Pair & share (optional):

In pairs, students can share a general summary (not names) of who's in their circle and how they might help. Emphasise privacy and respect.

4. Whole class debrief:

Facilitate a group discussion with prompts such as:

- Who can we turn to when a problem feels too big?
- How can we support each other to ask for help?
- What qualities make someone trustworthy?

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Reflection Prompt:

- Who is someone you trust in your green (inner) circle, and why?
- How do you know when you need to ask for help?
- How could you support a friend who might be struggling?

Winning the Game:

There is no winner, this activity is designed to build self-awareness and confidence around help-seeking and identifying trustworthy people. The success is in the honest conversations and personal growth.

Additional Notes:

"Who's in your circle?" promotes emotional safety, encourages open discussion around support systems, and strengthens help-seeking behaviours. This activity can be adapted for younger or older age groups by simplifying or expanding the types of scenarios used.



SCENARIO CARDS

PRINT AND CUT OUT THE CARDS. READ ONE SCENARIO AT A TIME AND ASK STUDENTS TO IDENTIFY WHO IN THEIR CIRCLES THEY WOULD TURN TO FOR SUPPORT, WRITING A FEW WORDS ABOUT WHY.

YOU'RE FEELING
ANXIOUS ABOUT
AN UPCOMING
TEST.



YOU'RE WORRIED
ABOUT A
FRIEND'S SAFETY
OR WELLBEING.



YOU FEEL
OVERWHELMED BY
SCHOOLWORK
AND
RESPONSIBILITIES.



YOU'VE HAD AN
ARGUMENT WITH
SOMEONE YOU
CARE ABOUT.



SCENARIO CARDS

YOU'RE BEING
PRESSURED TO
DO SOMETHING
YOU KNOW ISN'T
RIGHT.



YOU'VE BEEN
CAUGHT
BREAKING A
SCHOOL RULE.



YOU FEEL
LONELY OR LEFT
OUT BY YOUR
FRIENDS.



YOU'RE
STRUGGLING
WITH YOUR
MENTAL HEALTH
BUT DON'T
KNOW WHO TO
TELL.



SCENARIO CARDS

YOU'VE HURT
SOMEONE'S
FEELINGS AND
DON'T KNOW
HOW TO
APOLOGISE.



YOU'VE BEEN
CAUGHT
BREAKING THE
LAW OR DOING
SOMETHING YOU
REGRET.



YOU SAW
SOMETHING
ONLINE THAT
MADE YOU
UNCOMFORTABLE
OR SCARED.



YOU FOUND OUT A
FRIEND IS HIDING
SOMETHING
SERIOUS AND
YOU'RE NOT SURE
WHAT TO DO.

