

DAY 4



Support.

You are not on your own. You're not supposed to be on your own. You need support. You need help. That's not a bad thing. It's not a weakness to need help. It's who we all are. We're not supposed to be on our own or be able to do everything on our own.

You need people around you who will support you.

List adults you trust and know will help you when you need it.

(it's okay if you don't come up with 4, just list as many as you can)

1.

2.

3.

4.

Friends.

Okay, this is where you might have to be more honest than you want to be. This might be where you cover up the page so other people don't see what you're writing.

Friends. A true friend isn't just anyone. It's not necessarily someone you hang out with all the time or eat lunch with or play games with or like to choose as your partner in class.

What you need to recognize is who your real friends are. Think about it like this - if you're in trouble (like, really in trouble) and it's the most embarrassing thing in the world and you don't want to tell *anyone* but you know you need help, who would you tell? Who would you ask for help? Who do you know you could trust not to tell everyone else? Who do you know wouldn't laugh and make fun of you? Who has your back? Really.

List friends you trust and know will help you when you need it.

(it's okay if you don't come up with 4, just list as many as you can)

1.

2.

3.

4.