

My Support Circle

People can help in different ways. Use this sheet to think about who feels safe, who listens, and who you could go to if you needed support.

People I trust

- ☐ I have someone I can talk to
- ☐ I have someone who listens properly
- ☐ I have someone who helps me stay calm
- ☐ I have someone I can ask for practical help
- ☐ I am not sure who I trust yet
- ☐ I find it hard to talk to people
- ☐ Other: _____



My support circle

Closest support



Helpful people



Professional support



What I might need help with

- ☐ Feeling worried
- ☐ Feeling unsafe
- ☐ Family problems
- ☐ Friendships
- ☐ School or college
- ☐ Online problems
- ☐ Money or practical things
- ☐ My mood
- ☐ Something else: _____



What I need adults to understand



Anything else you want me to know?



When I Feel Lonely

Feeling lonely does not always mean being alone. Sometimes it can happen even when people are around. This sheet can help you explain what loneliness feels like for you.

Loneliness shows up when...

- ☐ I am on my own
- ☐ I am around people but still feel separate
- ☐ I feel left out
- ☐ I miss someone
- ☐ I do not feel understood
- ☐ I scroll online for a long time
- ☐ I have argued with someone
- ☐ I feel different from others
- ☐ I am not sure why it happens
- ☐ Other: _____



What it feels like for me

Quiet ☐

Heavy ☐

Empty ☐

Awkward ☐

Sad ☐

Numb ☐

Anxious ☐

Angry ☐

Embarrassed ☐

Tired ☐

Invisible ☐

Disconnected ☐

Other: _____

What I usually do

- ☐ Keep it to myself
- ☐ Go quiet
- ☐ Message someone
- ☐ Stay in my room
- ☐ Listen to music
- ☐ Go online
- ☐ Sleep
- ☐ Get annoyed
- ☐ Try to distract myself
- ☐ Other: _____

What helps a little

- ☐ Someone checking in
- ☐ A message from someone
- ☐ Being invited, not pressured
- ☐ Doing something familiar
- ☐ Music
- ☐ Going outside
- ☐ Being with pets
- ☐ Talking to someone I trust
- ☐ Having a plan
- ☐ Other: _____

One small connection I could try

Anything else you want me to know?

My Self-Care Plan

Self-care does not have to be big or perfect. It can be small things that help you get through the day, feel calmer, or ask for support when you need it.

Things that help my mind

- ☐ Music
- ☐ Quiet time
- ☐ Writing things down
- ☐ Talking to someone
- ☐ Watching something familiar
- ☐ Gaming
- ☐ Drawing or making things
- ☐ Breathing or grounding
- ☐ Having a plan
- ☐ Other: _____

Things that make it harder

- ☐ Too much noise
- ☐ Arguments
- ☐ Pressure from people
- ☐ Being online too much
- ☐ Lack of sleep
- ☐ Feeling judged
- ☐ Too many changes
- ☐ School or college pressure
- ☐ Keeping things inside
- ☐ Other: _____

Things that help my body

- ☐ Sleep
- ☐ Food
- ☐ Water
- ☐ Shower or bath
- ☐ Fresh air
- ☐ Walking
- ☐ Sport or movement
- ☐ Rest
- ☐ Taking a break
- ☐ Other: _____

People who help me

My small plan for this week

One thing I could try: _____

One person I could speak to: _____

One thing I might need help with: _____

What support would help right now?



School Pressure Check-In Pebble

School or college can feel different for everyone. This sheet can help you explain what feels hard, what helps, and what adults might not see.

What feels hard right now?

- ☐ Getting there
- ☐ Staying all day
- ☐ Lessons
- ☐ Homework
- ☐ Exams or assessments
- ☐ Friendships
- ☐ Bullying or conflict
- ☐ Noise or crowds
- ☐ Teachers or adults
- ☐ Feeling behind
- ☐ Expectations
- ☐ Something else: _____



How does it affect me?

- ☐ I feel stressed
- ☐ I feel tired
- ☐ I feel angry
- ☐ I feel anxious
- ☐ I avoid things
- ☐ I get headaches or stomach aches
- ☐ I stop talking
- ☐ I get into trouble
- ☐ I feel like giving up
- ☐ Other: _____

What adults might not see

What would make school or college feel more manageable?

What helps me get through the day?

- ☐ A trusted adult
- ☐ A quiet space
- ☐ Clear instructions
- ☐ Breaks
- ☐ Sitting somewhere different
- ☐ Help with work
- ☐ Knowing the plan
- ☐ Time with friends
- ☐ Leaving lessons calmly if needed
- ☐ Other: _____

One thing I want support with is...

Online Safety and Pressure

Online life can be fun, stressful, confusing or a bit of everything. This sheet can help you think about what feels okay, what does not, and what support might help.

Things that happen online

- ☐ Group chats
- ☐ Pressure to reply quickly
- ☐ Arguments
- ☐ Being left out
- ☐ People asking for photos
- ☐ Sharing things about others
- ☐ Seeing upsetting content
- ☐ Feeling judged
- ☐ Blocking or unfollowing
- ☐ Fake accounts
- ☐ Messages from people I do not know
- ☐ Other: _____



What feels okay, not okay or confusing?

Feels okay



Does not feel okay



Feels confusing



Pressure I notice online



- ☐ To reply
- ☐ To send photos
- ☐ To share personal things
- ☐ To join in
- ☐ To look a certain way
- ☐ To keep secrets
- ☐ To be available all the time
- ☐ To ignore my own feelings
- ☐ Other: _____



Before I reply, post or share, I could...



- ☐ Pause first
- ☐ Check how I feel
- ☐ Screenshot if I feel unsafe
- ☐ Speak to someone I trust
- ☐ Block or report
- ☐ Leave the chat
- ☐ Change privacy settings
- ☐ Not reply straight away
- ☐ Other: _____



Who could I talk to?





My safer online plan



One thing I could do differently online is:

