



**FIRST**  
Action Against  
Violence

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## My network of support

Think about people you can turn to and ask them for support and help when you need it.

Who are the people in your social network you can talk to when in distress, facing trouble, loss or other challenges in life?

Print this worksheet and fill in the names.



**Can you expand your social network?**

Strong social network is one of the most important protective factors that helps us deal with different challenges in life.