Target of Trust – Instructions

Goal: This format provides a starting point for meaningful conversations with children/youth. It provides a simple way for students to articulate information that is helpful for adults in supporting their resilience. Often when we provide a framework, students are then able to articulate fears or issues more clearly. You identify the issue you want to explore.

This activity can be adapted for a range of challenges. The process is simply to ask students to write names or information in each ring as instructed. Those too young to write can draw.

One option:

- Use it as a socio-gram, revealing each child's support system
  - Inner circle: *Who are the people you can most trust in your world?*
  - Middle Circle: *Who are some people that would help you in lots of ways?*
  - Outer Circle: *Who are people you might not know well, but you could ask if you needed help (like neighbors, for some students they'd trust police, some wouldn't…)*
- Ending questions:
  - *What do each of these people do that makes them important?*
  - *How are they similar? Different?*
  - *How have any of them helped you get through a difficult time?*
- Or more in-depth:
  - *Where do you feel safest? (Home, school, etc…)*
  - *Where do you feel fairly safe, but cautious or watchful? (Walking to school?)*
  - *Where do you feel least safe?*

These questions can enhance your understanding. It might indicate something to put in place for the child, or help the child examine their resilience. Use your intuition to guide you.

Another way of using this is to use the circles as representations existing support:

- Inner circle – *Who are the people who help you and your family feel safe?*
- Middle circle – *Who are people at school or in the community that help our families?*
- Third circle – *What are community people doing to help our cause? (Demonstrators…)*

Use whatever framework you'd like for each circle/level. What do you most want to help the student with and how can you frame the circles as indicators?

- Inner circle: *What can you do when you're at home to help calm your anxiety?*
- Second circle: *What can you do when you're walking to school to help you feel calm?*
- Third circle: *What can you do when you're at the mall or shopping or on the weekends?*

General ending questions might include:

- If there was something you thought adults haven't noticed about this, what is that?
- What do you wish people at school understood about how this is for you?
- What else would you like me to know?
  - These kinds of questions give you insights the child might otherwise not mention.
  - If this leads you to an idea about resilience, have the child draw a picture about it.

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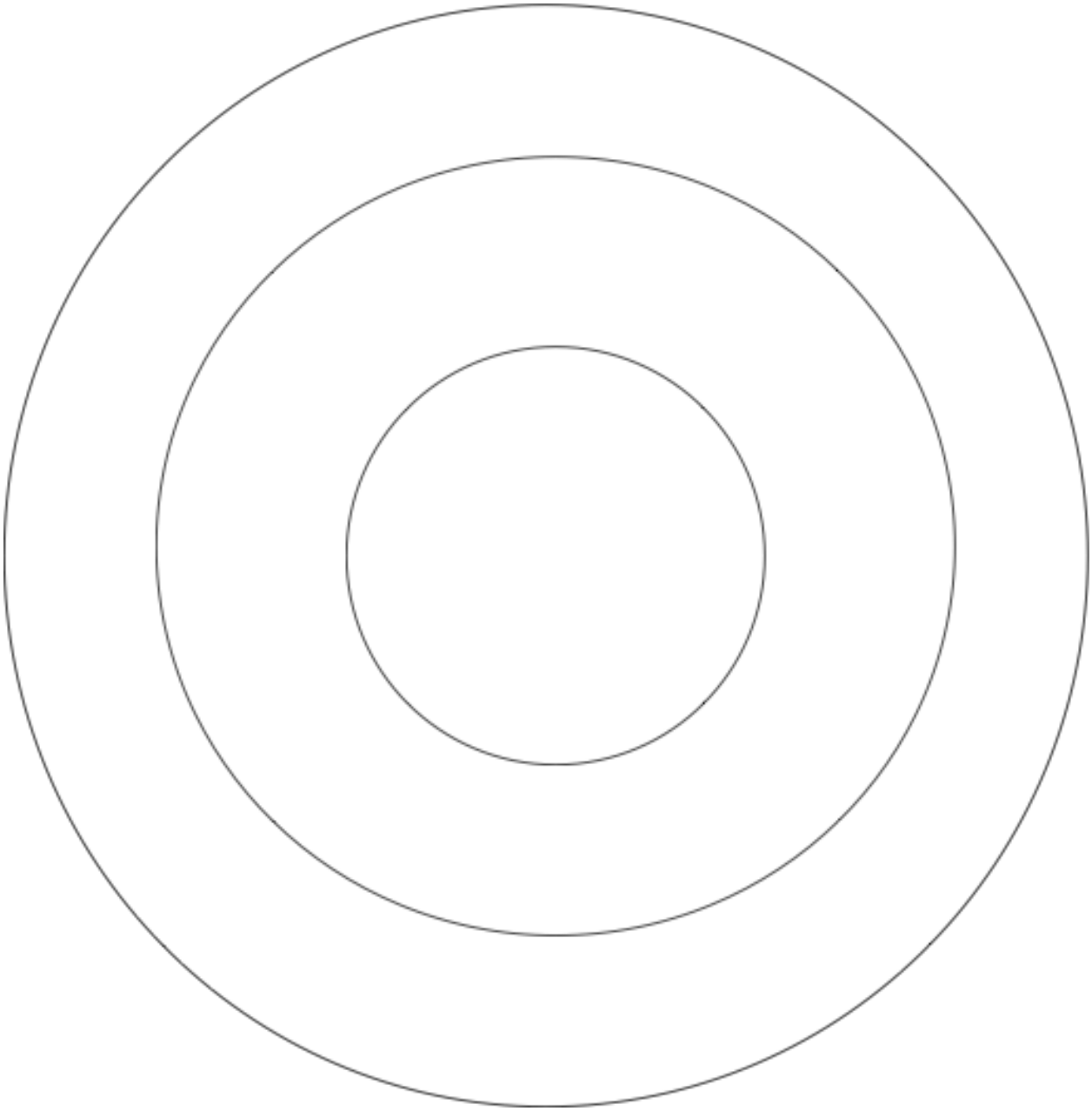
Circles of Trust and Resilience



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