Finding Your Strengths!

This worksheet is about finding areas of your life where you’re already strong and areas you want to improve. Some areas you’ll need extra assistance from your support people. That’s okay! Everyone needs some extra support at some points in their life.

Support can mean:
- people who care about you trying to prevent harm from happening at all.
- people stepping up for you when someone has taken advantage and hurt you.
- people sharing ways to be safer when you’re not ready for big changes.
- people staying with you to help you find healing, options and connections that help you grow.

1. Everyone needs food, a safe place to be, clothes, hygiene supplies & other basic needs. Do you get your basic needs met?

Shade in up to the level that makes sense to you

<table>
<thead>
<tr>
<th>Not really</th>
<th>Sometimes</th>
<th>Usually</th>
<th>Always</th>
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2. How’s your connection to your family?

Shade in up to the level that makes sense to you

I don’t really have one

I’m around my family but I don’t feel welcome or wanted

We fight more than we talk.

We’re able to work out our problems together

3. How’s school going?

☐ I’m not enrolled in school at all.

☐ I know the school I’d like to go to.

☐ I only stop by school for lunch or to talk with my favorite teacher, staff member or friends.

☐ I go to school, but I’m have a hard time going every day and/or to every class.

☐ I go to school and I’m making progress.

☐ School is going great for me.

4. What do you think would be helpful for you to be the most successful in school?

☐ I don’t have anyone like that.

☐ I don’t have anyone, but I’d like to change that.

☐ I can think of one or more friends who support me.

☐ I have someone special in my life who supports me.

☐ I’m close to family members who support me.

☐ I have a mentor, group leader, faith community, coach, or someone else in the community who supports me.

☐ I have a good connection with my case manager or worker who supports me in meeting my goals.

☐ I have an anti-violence advocate who offers options, information on my rights and ways to get my voice heard.

☐ I have a strong team of people supporting me.

5. How’s your connection to supportive people in your life? Choose as many as true for you.

6. Write a few things you’re interested in learning about or doing:

7. How’s your connection to healthcare?

☐ I don’t go unless I have an emergency.

☐ I see my doctor when someone else makes my appointments.

☐ I ask questions when I visit a healthcare provider to make sure I know what’s happening and they know what I want.

☐ I make sure to follow up on test results, medication, and advice from the healthcare provider.

☐ I make my own healthcare appointments & know how to reach someone for health questions on my own.

For every dark night, there’s a brighter day. ~ Tupac Shakur

Thank you for filling this out – we believe in you!
Even when we go through difficult experiences, we have qualities inside us that help us bounce back. Which ones are true for you? Fill in as many as you want to share.

- I stand up for myself.
- I defend others from bullies.
- I feel connected to my culture.
- I know about community resources.
- I have goals for my future.
- I believe in myself.
- I know my family has got my back.
- I'm a positive influence on others.
- I'm connected to my community.
- I express myself through art, writing, or music.
- I know and use ways to calm myself.
- ....................................................

Phones can be complicated. How can having a phone help you be safer? How can having a phone make you less safe?

Figure out ideas and options with your support people to stay safer in your life. This is called safety planning.

What do you need extra support on that we haven’t covered here?

For teens with caseworkers: How’s your connection with your caseworker?

Don’t let the past steal your present.

~ Cherrie Moraga