



Friends on whom I can count:

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Family members with whom I feel comfortable sharing my feelings:

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Relative (e.g., aunt, uncle, cousin, grandparent) with whom I can talk:

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Faculty and staff (e.g., teacher, counselor, coach) I can go to for support:

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Someone I might be able to count on even though we are not always close:

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Something sacred to me (pets, nature, music):

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<sup>1</sup> Adapted from the Student Personal Resource Survey Opalewski and Robertson (2007), p. 13