



My Community

What is a community?

A community is a group of people with something in common such as their norms, religion, values, customs, or identity. You can belong to multiple communities at once and identify more strongly with one than with others.

Some examples of communities include...

- School
- Family
- LGBTQI+
- Sporting clubs
- Cultural
- Religious
- Neighbourhood
- University
- Workplace

Safe Adults

A safe adult is a grown up in your life who you feel safe to talk to. They are someone looking out for your best interests who you can go to if you need help. Some examples of safe adults include teachers, family members, friends, community members, counsellors, sporting coaches etc.

In the map below, have a think about what communities you belong to. Some may be more important to you than others. (You may need to add some more circles). **On the right-hand side, add some of the safe adults that exist within these communities.**



Safe Adults:

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