

Exploring self: The strength within

Resource 1: Identifying positive and negative influences

| Positive influences | This strengthens me because ... | Negative influences | Strategies for overcoming challenges |
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| [Teacher example] My dad | My dad makes me feel secure. I know that I can try new things and make mistakes, and he'll still think I'm great. | I'm the oldest girl in my family. I'm still expected to look out for my younger brothers and sisters, even though we're all grown up and I have an older brother. I don't always mind, but I did when I had other things to do and I hadn't been asked. | Learn to negotiate when I have to do things for them. See if another sibling can support until I can get there. |
| [Teacher example] Tūrangawaewae (a place to stand, my place, my home, whānau, whenua, awa, etc – all the important things at home) | When I am home I feel relaxed, happy, and clear-headed. I also breathe better. I have people and an environment around me that I love. | When I am away for too long, I get cranky and homesick. | Plan regular visits. Have photos around my house of my tūrangawaewae and whānau. Talk on the phone or Skype often. |