



RELATIONSHIP MAPPING EXERCISE

OBJECTIVE: learn about and practice network mapping and to get a sense for the adult relationships that you already have.

Adult Relationships can be with Family and Friends of Family, Teachers, Coaches, Counselors and Others who you have met through School, and other adults that you have met through Work, Volunteering, Religious, and Other Activities outside of Home and School.

Even though you may not know a person well, the adult relationships that you develop can be helpful to you.

ACTIVITY:

On the attached diagram, write down in the appropriate circle the names of as many adults (18+ years old) that you know well (and mark with a “W” for Well) and those who you know, but not as well (and mark with an “A” for Acquaintance)

ANALYSIS:

1. How many “W’s” did you list? How many “A’s”? Don’t worry if you do not have many yet –the goal is to increase the number over time.
2. How many adult relationships did you list in each circle? Again, don’t worry if you do not have many adult relationships in the 3rd Circle - that is common, and you can increase the number over time.
3. Do you think that the adults you listed in the 1st Circle mostly know each other? What about in the 2nd and 3rd Circles? Quick Quiz (see answer below): Why do you think that this is an important question?



QUESTIONS:

Positive relationships with adults can provide youth with many types of support and learning. Relationships with adults who are closest to you often provide support and learning that is essential in our everyday lives. Relationships with adults who we do not know well can often provide access to support and information that those closest to us may not have. A manageable number of relationships across a wide range of people is like having a trampoline with a strong safety net.



As you look at your relationship map, think about the following:

- 1) How can I make more adult relationships (W's and A's)?
- 2) How can I make more adult relationships in who are in my 3rd Circle?

TIPS FOR GROWING YOUR NETWORK OF ADULT RELATIONSHIPS:



- 1) Some ways to increase the number of adult relationships that you have is to participate in extracurricular activities at your school, join a club, volunteer, or work part time or during the summer.
- 2) When participating in these activities, share what you like and listen to what others are interested in (sports, music, movies, animals, fashion, neighborhood, etc.) Look for what you have in common –you will be amazed at how much people have in common.
- 3) Ask an adult at work or where you volunteer, or similar situations, to introduce you to another adult that you might be interested in speaking with.



TIPS FOR GROWING YOUR NETWORK OF ADULT RELATIONSHIPS:



4) If you are shy or uncomfortable in meeting new people, that is ok. Go slow –one person at a time. Practice what you want to say so that it feels more natural when you start speaking with someone you have never met before. Roleplay with a close friend.

5) Keep track of who you meet in a notebook or on the computer. See if you can grow your Relationship Map over time.

Answer to Quick Quiz:

For most people, those closest to us usually know each other and have many shared experiences and learnings. The people who we meet at work or volunteering and who may live and work outside of our community generally do not know each other and likely have a wider range of experiences and learnings. If we want access to something that we do not know, like “where can I find a job?”, you are more likely to get many more different answers from the those in your outer circle than your inner circle.





RELATIONSHIP MAPPING EXERCISE

1. Family Members

**2. Teachers, Coaches, Counselors,
and Other School Relationships**

**3. Work, Volunteering & Other
Community Activities**

