



Finding Your Strengths!

> Fill out whatever is comfortable for you.

* Today's date: _____

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 sharing ways to be safer when you're not ready for big changes.
- people stepping up for you when someone has taken advantage and hurt you.
- 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



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

- 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.



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

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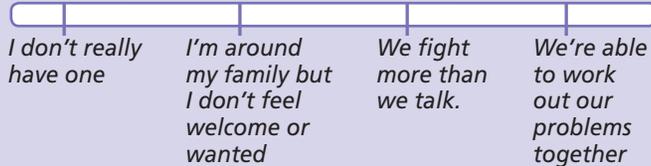
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2 How's your connection to your family?

Shade in up to the level that makes sense to you



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?

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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.



We made this worksheet, and a companion guide for adults, for an important reason that might surprise you. Everyone has strengths and struggles. It turns out that people who take sexual advantage of teens look for youth who are struggling and use that to get close.

You might have heard people use words like sexual exploitation, sex trafficking, or survival sex to describe this.

We also know that young people do everything they can to protect themselves. **You are strong in many ways.** We want to make sure people know that about you.

Teens will also have things that make them vulnerable to exploitation. Sometimes what makes us vulnerable to exploiters can't be changed, like past experiences.

Sometimes what makes us vulnerable can change if we recognize it and figure out different options. Everyone's situation is unique. **No matter what, you deserve support and options.**



When you feel ready, share your responses with the supportive person who gave you this worksheet.

★ **Would you like to know more about how to protect yourself from exploiters who try to take advantage of youth?**

Yes. No, not now.

Important numbers:

2-1-1 call for resources in your WI zip code

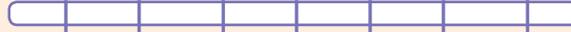
National Runaway Safeline: 1-800-RUNAWAY

Add your local support numbers here:

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8 How safe do you feel in your community?

Shade in up to the level that makes sense to you



Not safe at all

Very safe and welcome

9 How do you keep yourself safer?

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

Phones can be complicated.

10 How can having a phone help you be safer?

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11 How can having a phone make you less safe?

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12 For teens with caseworkers: How's your connection with your caseworker?

Shade in up to the level that makes sense to you



I don't answer their calls

I'll meet with them if they find me

I reach out to them when I need things

I'm available to them and we talk often



It seems like they don't ever answer my calls or get back to me

I know I can reach them, but have a hard time asking for things I want/need

They are there for me when I need them to be

They check-in on me often

13 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 thru art, writing or music.
- I know and use ways to calm myself.
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14 What do you need extra support on that we haven't covered here?

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Don't let the past steal your present.

~ Cherrie Moraga

Thank you for filling this out – we believe in you!