

# Who can you count on?

*It's good to have people around you who you know you can count on when things feel tricky or if you just need a bit of encouragement.*

**People you can count on will:**

- **Listen** to you
- **Believe** you
- **Do something** to help you

Can you count on your friends if you need support?



**Who are the people in your life (at home, at school or in your community) that you can count on?**