



Plugging-in Activity



Our first support system in life is our parents. We should put effort into this relationship because it is not only our first support system but is often one of the longest lasting.

How much time each day are you spending with your parent or guardian?

Try at least two things from the list below to help you tap into your parent or guardian as a support system.

- Eat dinner with them.
- Play a game with them.
- Talk about the kind of music that they listened to growing up. Find out what they liked about it.
- Ask them why they chose their career.
- Talk about what some of their challenges were when they were your age.
- Ask them about who the first boy or girl was that they kissed.
- Ask them who their favorite teacher was. Find out what they liked about him/her.
- Ask them to go to a movie, show, or sports event with you.
- Find out what their favorite hobby is and ask them questions about it. Learn as much about it as you can. (You could go to the library to find a book on the subject or talk to a teacher at school for help in finding more information.)

How did they respond when you showed interest in them and did these things?