

WE'RE ALL RIGHT

a youth and survivor
led, rights-based
participation
project

Activity: **Isabelle's storyboard**

Theme: **Understanding the spectrum of support**

After experiencing trauma, it's normal to feel overwhelmed and stuck. By supporting a young person to set goals and celebrate milestones (however small), it can help them feel like they are moving forward.

In previous activities, we asked you to think about the support Isabelle's counsellor and the people on Isabelle's support map could provide. For this activity, we want you to identify the milestones Isabelle can celebrate as she moves forward with their support. As with professionals, nobody can be everything for a young person so we also want you to identify a boundary that each person should set, for their own wellbeing or for Isabelle's.

1

Review the work you have already done in the previous modules on Isabelle's scenario. Think about the ways in which Isabelle is feeling stuck right now. Write this in the first box on page 2.

2

Think about where Isabelle could get to with all this support. What would change for Isabelle and her relationships? Fill in last box of the storyboard.

3

Use the middle boxes of the storyboard to highlight the milestones Isabelle can celebrate along the way. Big or small, they are all important.

4

In the box below the storyboard, identify a boundary that each person would need to hold while supporting Isabelle. Example: someone can set a nightly cut off time after which they won't be able to respond to Isabelle's messages.

Where Isabelle is

Where Isabelle could get to

Boundaries that each person can set...

person	boundary