

Building and sustaining a meaningful social network

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Introductions

Hello, my name is

_____.

One fact about me is

_____ • (e.g. favourite sport, activity, hobby, colour, how old you are, etc.)

What is a “social network”?

- * **People in your life that you can:**
 - * **talk to**
 - * **spend time with**
 - * **get help from**
- * **Having a good “social support network” can make you mentally and physically healthier**

Social support network

- * **Physical and emotional comfort given to you by others**
- * **Knowing that you are part of a community of people who love and care for you, value you and think well of you**



Types of social support

Practical

Emotional

Sharing
information



Who are your current social supports?



Activity: Use the plate to draw out your social network

Are you happy with your social support network???



Do I have someone on my plate that:

- * I can turn to when I need to talk about something important?**
- * I can ask for help when I don't know how to do something?**
- * I can call when I want to share some great news with?**

Do I feel safe and comfortable with these people?

Do you need to work on building your social network?



Are you missing people in areas that are important to you?

- * You may want to meet more people who share your interests**

TIPS - building your social network:

- 1) Take a class or join a club or organization**
- 2) Volunteer or look for a job in an area of your interest**
- 3) Ask someone you'd like to get to know better to do an activity with you (e.g. go for a walk, go bowling, etc.)**

Building your social network

- 4) Plan an activity with one friend – ask them to invite one of their friends that you don't know
- 5) Leave your electronics in your bag when you're out and around others – if you're staring at a screen, it's unlikely anyone will try to talk to you

*Handout



Meeting people online

Do's	Don'ts
Keep private information private	Give out personal information
Bring someone you trust to meet up with an online friend	Meet up with online "friends" alone
Make sure you feel comfortable	Send anyone money who you met online
Report any offensive or negative online correspondence to someone you trust	Engage in sex-talk or send sext pictures online



Consent

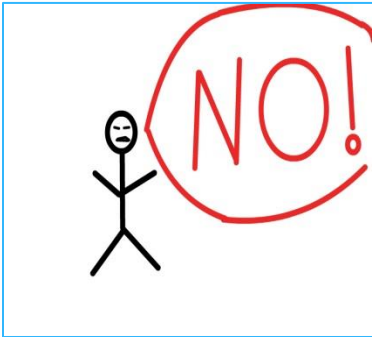
- * Agreeing to something, giving permission or saying “yes”

MUST BE:

- * Voluntary
- * Feeling comfortable and willing
- * Having awareness and understanding of the situation - knowledge of risks and consequences

Consent

**IT IS ALWAYS OKAY TO SAY NO
SAY IT:**



Out loud



Gesture



Walk away

Sustaining a meaningful social network

Take care of your relationships!

- 1) Remember social etiquette.
- 2) Keep in touch with your social support network.
- 3) Offer support to others when they need it – listen.
- 4) Let them know that you appreciate them (e.g. say thank you).

relationships take work!

General Tips

- * **Set *specific and realistic* goals:** (ex – “I will talk to one new person a day” instead of “I need to talk to more people.”)
- * **Schedule some social time each week – make a plan.**
- * **Be patient.**
- * **Avoid negative relationships.**
- * **Take care of yourself!**



Getting support

- 1) Let those closest to you know when you need extra support.**
- 2) Ask a family member or friend to check in with you regularly.**
- 3) Talk to a counselor, doctor or member of the Dalglish Family 22q Clinic if you need!**

Any comments or questions??



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22q Clinic

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