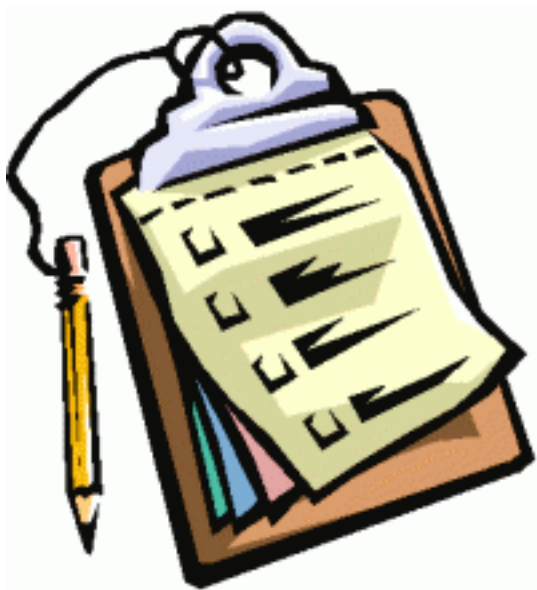




## Agendas



### IDEAS FOR AGENDAS: TEACHER

#### EXPECTATIONS

What direction your instruction takes will determine which agenda you use. One direction - the one we've used for many years - is to present students a broad view, which we call: "Understanding and Using a PSN." If this is what you're going for, we've attached a number of sample agendas (below) based on time limitations. The agendas based by time - force you to focus upon how much time you have and what you hope to achieve.

Other teaching options can be specifically focused upon teaching a specific PSN content/skill. For example, two options are: 1) to teach the "3 calls to actions" (build resilience, ask for help, learn strengths); or 2) to teach a class based on the 8 pillars of resilience. Below are also some agendas that focus upon these options. Again, be sure to focus upon what can be reasonably covered if you have limited time.

#### 45-60 MINUTE PRESENTATION/CLASS

- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience
- Using a Wallet Cards

#### handouts/activities

- 1) A Personal Safety Net Diagram; 2) Columns of a PSN; 3) A Personal Survey; 4) Sample Wallet Cards; 5) [The Power of Three – A Wallet Card Explained](#) [1].

[45-60 Minute Agenda Sample](#) [2]

#### 90 MINUTE PRESENTATION/CLASS



- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience
- Asking for Help
- Using a Wallet Card

### HANDOUTS/ACTIVITIES

- 1) A Personal Safety Net Diagram ; 2) Columns of a PSN; 3) A Personal Survey; 4) Things That Get In The Way Of Asking; 5) Steps to Successful Asking; 6) Sample Wallet Cards; 7) Using Your Wallet Card; 8) What To Say To Others About Your Wallet Card.

[90 Minute Agenda Sample](#) [3]

## 2-Part - Two-hour PRESENTATION/CLASS

### Part 1

- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience

### HANDOUTS/ACTIVITIES

- 1) A Personal Safety Net Diagram ; 2) Columns of a PSN

### Part 2

- What Research Says About Working in Groups
- Asking for Help
- Tips on Making Friends
- Using a Wallet Card
- Role Playing: Situations to Solve

### HANDOUTS/ACTIVITIES

- 1) A Personal Safety Net Diagram ; 2) Columns of a PSN; 3) A Personal Survey; 4) Things That Get In The Way Of Asking; 5) Steps to Successful Asking; 6) Sample Wallet Cards; 7) Using Your Wallet Card; 8) What To Say To Others About Your Wallet Card; 9) Situations to Solve.

[Two-Part - Two Hour Agenda Sample](#) [4]

## Three-hour PRESENTATION/CLASS



- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience
- What Research Says About Working in Groups
- Tips on Making Friends
- Asking for Help
- Creating Groups: The Phases
- Traits and Skills
- Using a Wallet Card
- Role Playing: Situations to Solve

## HANDOUTS/ACTIVITIES

- 1) A Personal Safety Net Diagram ; 2) Columns of a PSN; 3) A Personal Survey; 4) Tips on Making Friends; 5) Things That Get In The Way Of Asking; 6) Steps to Successful Asking; 7) Chapter Summaries – optional) 6) Traits and Skills; 7) Sample Wallet Cards; 8) Using Your Wallet Card; 9) What To Say To Others About Your Wallet Card; 10) Situations to Solve.

[Three Hour Agenda Sample](#) [5]

## Agenda Sample - 45-60 minutes

### Agenda Overview

- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience
- Using a Wallet Cards

## HANDOUTS/ACTIVITIES

1) [A Personal Safety Net Diagram](#) [6]; 2) [Columns of a PSN](#) [7]; 3) A Personal Survey; 4) [Sample Wallet Cards](#) [8]; 5) [The Power of Three – A Wallet Card Explained](#) [1].

---

(Times for each section are approximate)

## 1. Introductions / book / workbook (on line) (10+ minutes)

## 2. Personal Survey

This activity begins with a teacher using some or all of the questions with students, asking them to stand up or raise hands if in agreement. (8 minutes) Following the exercise the handout may be distributed to participants.

(HANDOUT: A PERSONAL SURVEY)

- [Get Started](#)
- [Who We Are](#)



### 3. What is a personal safety net? (30-40 minutes)

(HANDOUT: A PSN DIAGRAM)

#### a. Why a PSN is relevant in your life:

- Replacing fear and isolation with security, connection and community.
- Knowing how you are interconnected helps you work with others - to help them connect!
- We all have basic needs: 1) to be seen 2) to be heard 3) to matter to someone else - (We need to get others involved – which means asking for help. We need to get others involved (they need us too)
- You matter to you, as leader in your own life, in others' lives, in work, in community – (**You will need to get good at asking!**)

**Independence, then interdependence.**

**Our goal: independence through interdependence – on individual, family, community and business/organizational levels**

- Change from “Sitting/Reacting” versus “Acting/Planning” (Planning – Avoid Denial)
- A balanced life is healthier, more resilient, and stronger than one in which some “corners” or aspects are better developed than others

#### b. How do we define a PSN:

- People
- Plans
- Resources (Other inner and outer resources (can be people or organizations or affiliations: helps w/response.

### 4. Making PSN Personal to You: *Filling out a PSN circle* Demonstrate a PSN

—

(HANDOUT: COLUMNS OF A PSN)

Your first small foray into this world is to complete a “Wallet Card” – which requires you to do some thinking, planning, and asking – Here’s how . . .

(GIVE OUT: WALLET CARDS & USE [The Power of Three – A Wallet Card Explained](#) [1] HANDOUT)

\*\* BETWEEN knowing what supports your PSN – having a team to help is an ASK! - - Usually No Time with this time-frame

[Download PDF for Printing](#) [9] [Download Word file for Editing](#) [10]



## Agenda Sample - 90 Minutes

### Agenda Overview

- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience
- Asking for Help
- Using a Wallet Card

### HANDOUTS/ACTIVITIES

1) [A Personal Safety Net Diagram](#) [6] ; 2) [Columns of a PSN](#) [7]; 3) [A Personal Survey](#) [11]; 4) [Things That Get In The Way Of Asking](#) [12]; 5) [Steps to Successful Asking](#) [13]; 6) [Sample Wallet Cards](#) [14]; 7) [Using Your Wallet Card](#) [15]; 8) [What To Say To Others About Your Wallet Card](#) [16].

---

Start with a short personal intro – your choice

### 1. What is a personal safety net?

A Personal Safety Nets provides a way of understanding a balance in your life that will make it possible for you to RESPOND, rather than to REACT to the predictably unpredictable changes or challenges that inevitably arise.

#### ***a. Philosophy behind a PSN:***

- *Replacing fear and isolation with security, connection and community.*
- *Knowing how you are interconnected helps you work with others - to help them connect!*
- *Change from “Sitting/Reacting” to “Acting/Responding/Planning” (and Avoiding Denial)*

#### ***b. Make up of a PSN – The Definition: (handout: A PSN Diagram)***

- **You, yourself:** your capacities and qualities - for instance: \*courage, \*tenacity, \*organizational skills, \*being a good listener, \* having the ability to engage others
- **Others: Family & Friends**
- **Community:** organizations, businesses, professionals
- **Plans**

#### ***c. Exercise: Starting Your Own PSN (handout: Columns of a PSN)***

**\*\* BETWEEN knowing what supports your PSN – having a team to help is an ASK!**



## 2. (use: A Personal Survey) – Question #1-4

Imbalance between most who want to help and the smaller number who are willing to ask for & receive help.

## 3. Things get in the WAY of reaching out / ASKING

(Handout: Things That Get in the Way) – Teacher can review the list, or if time allows, ask students about what specifically stops them from asking others.

Know it's your right to **ASK**:

- YOU MATTER, and so does everyone else (We need to get others involved – which means asking for help.) We need to get others involved (they need us too)
- You matter to you, as leader in your own life, in others' lives, in work, in community – You will need to get good at asking!
- We all have basic needs: 1) to be seen 2) to be heard 3) to matter to someone else

## 4. So how do you go about ASKING EFFECTIVELY?

(Handout: Steps to Successful Asking)

### Try to be authentic!

When you ASK

- Set the stage with a SHORT picture of what's going on
- Give background – set the tone (include them in "your" team)
- Include "the ask"

### Allow for "no" – Ask, don't demand

- Don't take the particular answer personally – be grateful for AN answer
- Think about 11 "other" reasons why you received a "no"
- Think of a time when someone said "no" to a request...

### Accept what happens!

### When you are THE "asked":

- Listen to the entire request
- Consider your response – if needed, can you think of alternatives & phrasing, ie.
  - You want to help and can't/won't (limits?)
  - You don't want to help this person/ this time/ this request
  - You want to do your part.
  - Respond: Yes or NO –



**Both of you:** Say thank you to each other (for a response, or for being asked)

- Review (Handout: Steps to Successful Asking)
- Using Your PSN to Organize & Create your first TEAM (a small safety net)
  - **“Wallet Cards”** – hand out samples to all.
- Review (Handouts: Using Your Wallet Card; What To Say To Others About Your Wallet Card)

## 5. All of PSN is based upon willingness to:

- *Believe in abundance*
- *Value integrity and reputation*
- *See the power in choice*
- *Look at the stories we tell ourselves*
- *Recognize the importance of involving others in our lives*

## 6. Evaluation & Q & A

[Download PDF for Printing](#) [17] [Download Word file for Editing](#) [18]

## Agenda Sample - 2-part - Two Hours

Agenda Overview

### Part 1

- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience

### HANDOUTS/ACTIVITIES;

1) [A Personal Safety Net Diagram](#) [6] ; 2) [Columns of a PSN](#) [7]

### Part 2

- [Get Started](#)
- [Who We Are](#)



- What Research Says About Working in Groups
- Asking for Help
- Tips on Making Friends
- Using a Wallet Card
- Role Playing: Problem-solving Scenarios

## HANDOUTS/ACTIVITIES

1) [A Personal Safety Net Diagram](#) [6] ; 2) [Columns of a PSN](#) [7]; 3) [A Personal Survey](#) [19]; 4) [Things That Get In The Way Of Asking](#) [12]; 5) [Steps to Successful Asking](#) [13]; 6) [Sample Wallet Cards](#) [14]; 7) [Using Your Wallet Card](#) [15]; 8) [What To Say To Others About Your Wallet Card](#) [16]; 9) [Problem-Solving Scenarios](#) [20].

---

### Part 1

(Times for each section are approximate)

## 1. Introductions (5 minutes)

## 2. What is a personal safety net? (20 minutes)

### *a. Philosophy behind a PSN:*

- Personal Safety Nets provides a way of understanding a balance in your life that will make it possible for you to RESPOND, rather than to REACT to the predictably unpredictable changes or challenges that inevitably arise. li. Replacing fear and isolation with security, connection and community.
- Knowing how you are interconnected helps you work with others – to help them connect!
- Change to Planning versus Denial

### *b. Make up of a PSN – The Definition:*

- Yourself (aka inner resources) – what helps? Hinders?
- Community helpers (aka outer resources) – community orgs, businesses, non-profits, etc.
- Others – people
- Plans – knitting these all together

### *c. Research: What we know about working in groups.*

### *d. Taking a look at a PSN – understanding the “realms” (handout: A PSN Diagram)*

## 3. Making PSN Personal to You: (15-20 Minutes)

- [Get Started](#)
- [Who We Are](#)





(Handout: Columns of a PSN)

*Table work: Can be done individually or in groups of two –*

*Fill out one column on the Columns of a PSN handout – showing the existence/start of your PSN –*

- Yourself – list something that helps? hinders?
- Community
- Others
- Plans

## 4. Using a Personal Safety Net to solve problems and deal with situations: (15-30 minutes)

(Handout: Situations to Solve)

Activity: Give each group one of the situations on the handout

- Using paper - builds a team to solve the situation (if possible: try to match up situations to groups – for reality)
- Write or draw the situation; show the support that will help address it; show what help is available now; show what would help but isn't.
- Debrief as a group.

## 5. Review – Q & A (5-10 minutes)

## Part 2:

(Times for each section are approximate)

### 1. Review - Part 1. (5-10 Minutes)

### 2. (use: A Personal Survey) – Question #1-4

Imbalance between most who want to help and the smaller number who are willing to ask for & receive help.

(5-10 minutes) –

*BETWEEN knowing what supports your PSN – having a team to help is an ASK!*



### 3. Things get in the WAY of reaching out / ASKING

(Handout: Things That Get in the Way) – Teacher can review the list, or if time allows, ask students about what specifically stops them from asking others. (5 minutes)

Know it's your right to ASK:

- YOU MATTER, and so does everyone else (We need to get others *involved* – which means asking for help.) We need to *get others* involved (they need us too)
- You matter to you, as leader in your own life, in others' lives, in work, in community – You will need to get good at asking!
- We all have basic needs: 1) to be seen 2) to be heard 3) to matter to someone else

#### 4. So how do you go about ASKING EFFECTIVELY?

(Handout: Steps to Successful Asking) (10-20 minutes)

Try to be authentic!

When you ASK

- Set the stage with a SHORT picture of what's going on
- Give background – set the tone (include them in "your" team)
- Include "the ask"
- Allow for "no" – Ask, don't demand
  - Don't take the particular answer personally – be grateful for AN answer
  - Think about 11 "other" reasons why you received a "no"
  - Think of a time when someone said "no" to a request...

Accept what happens!

When you are THE "asked":

- Listen to the entire request
- Consider your response – if needed, can you think of alternatives & phrasing, ie.
  - You want to help and can't/won't (limits?)
  - You don't want to help this person/ this time/ this request
  - You want to do your part.
  - Respond: Yes or NO –

Both of you: Say thank you to each other (for a response, or for being asked)

- Review (Handout: Steps to Successful Asking)

#### 5. Using Your PSN to Organize & Create your first TEAM (a small safety net)

– "Wallet Cards" – hand out samples to all. (10 minutes)



- Review (Handouts: Using Your Wallet Card; What To Say To Others About Your Wallet Card)

6. What is the role of trust"? (handout: Who To Trust) (10 minutes)

## 7. Evaluation & Q & A (5-10 minutes)

[Download PDF for Printing](#) [21] [Download Word file for Editing](#) [22]

## Agenda Sample - Three Hours

### Agenda Overview

- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience
- What Research Says About Working in Groups
- Tips on Making Friends
- Asking for Help
- Creating Groups: The Phases
- Traits and Skills
- Using a Wallet Card
- Role Playing: Problem-solving Scenarios

### HANDOUTS/ACTIVITIES

1) [A Personal Safety Net Diagram](#) [6] ; 2) [Columns of a PSN](#) [7]; 3) [A Personal Survey](#) [19]; 4) [Tips on Making Friends](#) [23]; 5) [Things That Get In The Way Of Asking](#) [12]; 6) [Steps to Successful Asking](#) [13]; 7) [Chapter Summaries – optional](#) [24]; 8) [Traits and Skills](#) [25]; 9) [Sample Wallet Cards](#) [14]; 10) [Using Your Wallet Card](#) [15]; 11) [What To Say To Others About Your Wallet Card](#) [16]; 12) [Problem-solving Scenarios](#) [20].

---

(Times for each section are approximate)

### 1. Exercise (part 1)

Using a blank piece of paper, write down what could hinder you from successfully completing a task you have in front of you. Teacher can have the class review as a whole or pair up to review with a partner. (10 - 20 minutes)



## 2. What is a personal safety net?

Net & Teams (45 - 60 minutes)

### ***a. Philosophy behind a PSN***

1. Personal Safety Nets provides a way of understanding a balance in your life that will make it possible for you to RESPOND, rather than to REACT to the predictably unpredictable changes or challenges that inevitably arise. li. Replacing fear and isolation with security, connection and community.
2. Knowing how you are interconnected helps you work with others – to help them connect!
3. Change to Planning versus Denial

### ***b. Make up of a PSN – The Definition:***

1. Yourself (aka inner resources) – what helps? Hinders?
2. Community helpers (aka outer resources) – community orgs, businesses, non-profits, etc
3. Others – people
4. Plans – knitting these all together

### ***c. Taking a look at a PSN – understanding the “realms” (handout: A PSN Diagram)***

### ***d. A first look at your PSN (handout: Columns of a PSN)***

*Group Exercise:* In a group of 2 - Fill out two COLUMNS on the CHART (one takes each column, one is a helper) – showing the existence/start of your PSN –

- 1) Yourself - what helps? hinders?
- 2) Community
- 3) Others
- 4) Plans

## ***E.RESEARCH: WHAT WE KNOW ABOUT WORKING IN GROUPS.***

(Review: What Research Says About Working in Groups)

### ***f. Exercise (part 2)***

Using your piece of paper from Part 1 – “what could hinder you from successfully completing a task you have in front of you.” On the other side of the paper, list what could “help” you complete your task.

*Teacher can have them break into groups to review this (again) or can put students in groups and ask them to look at their (handout: Columns of a PSN) there is anyone or anything else they can add to their success side.*

*Possible break:* (10 minutes)

## 3. (use: A Personal Survey)

Question #1-4: imbalance between most who want to help and the smaller number who are willing to ask for & receive help.



(5-10 minutes) –

*BETWEEN knowing what supports your PSN – having a team to help is an ASK!*

## 4. Things get in the WAY of reaching out / ASKING

(Handout: Things That Get in the Way)

Teacher can review the list, or if time allows, ask students about what specifically stops them from asking others. (5 minutes)

Know it's your right to ASK:

- YOU MATTER, and so does everyone else (We need to get others *involved* – which means asking for help.) We need to get others involved (they need us too)
- You matter to you, as leader in your own life, in others' lives, in work, in community – You will need to get good at asking!
- We all have basic needs: 1) to be seen 2) to be heard 3) to matter to someone else

## 5. HOW DO YOU GO ABOUT ASKING

(Handout: Steps to Successful Asking) (10 - 20 minutes)

### Try to be authentic!

When you ASK

- Set the stage with a SHORT picture of what's going on
- Give background – set the tone (include them in "your" team)
- Include "the ask"

Allow for "no" – Ask, don't demand

- Don't take the particular answer personally – be grateful for AN answer
- Think about 11 "other" reasons why you received a "no"
- Think of a time when someone said "no" to a request...
- Accept what happens!

### WHEN YOU ARE THE "ASKED":

Listen to the entire request

Consider your response – if needed, can you think of alternatives & phrasing, ie.

- You want to help and can't/won't (limits?)
- You don't want to help this person/ this time/ this request
- You want to do your part.
- Respond: Yes or NO –



Both of you: Say thank you to each other (for a response, or for being asked)

- Review (Handout: Steps to Successful Asking)

## ~~SAFETY NETS: YOUR FIRST CLEAR ASK & AMP;~~

“Wallet Cards” – hand out samples to all. (10 minutes)

Review (Handouts: Using Your Wallet Card; What To Say To Others About Your Wallet Card)

## ~~WILLINGNESS TO P (5 MINUTES)~~

- Believe in abundance
- Value integrity and reputation
- See the power in choice
- Look at the stories we tell ourselves
- Recognize the importance of involving others in our lives

### 8. Problems/Concerns: (5 minutes)

- Caregiver/Compassion Fatigue: what to do about it
- Emotional “cup”
- Role of Social Media & on-line resources
- Security & Trust

### 9. IF TIME ALLOWS

Using a Personal Safety Net to solve problems and deal with situations: (15 – 30 minutes)

(Handout: Role Playing: Situations to Solve)

Activity: Give each group one of the situations on the handout

- Using paper - builds a team to solve the situation (if possible: try to match up situations to groups – for reality)
- Write or draw the situation; show the support that will help address it; show what help is available now; show what would help but isn't.
- Debrief as a group

### 10. Evaluation & Q & A (5 minutes)



[Download PDF for Printing](#) [26] [Download Word file for Editing](#) [27]

## [CONTACT US](#)

Unless otherwise indicated, all content on this site is licensed under a [Creative Commons 3.0 US License](#).

**Source URL:** <https://personalsafetynets.org/content/agendas>

## Links

- [1] <https://personalsafetynets.org/node/406>
- [2] <https://personalsafetynets.org/content/agenda-sample-45-60-minutes>
- [3] <https://personalsafetynets.org/content/agenda-sample-90-minutes>
- [4] <https://personalsafetynets.org/content/agenda-sample-2-part-two-hours>
- [5] <https://personalsafetynets.org/content/agenda-sample-three-hours>
- [6] <https://personalsafetynets.org/node/394>
- [7] <https://personalsafetynets.org/node/399>
- [8] <https://personalsafetynets.org/node/302>
- [9] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_45-60\\_minutes\\_0.pdf](https://personalsafetynets.org/sites/default/files/agenda_-_45-60_minutes_0.pdf)
- [10] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_45-60\\_minutes.doc](https://personalsafetynets.org/sites/default/files/agenda_-_45-60_minutes.doc)
- [11] <https://personalsafetynets.org/node/395>
- [12] <https://personalsafetynets.org/node/334>
- [13] <https://personalsafetynets.org/node/404>
- [14] <https://personalsafetynets.org/content/wallet-card-my-key-personal-safety-nets-members>
- [15] <https://personalsafetynets.org/content/using-your-wallet-card-making-sure-it-works>
- [16] <https://personalsafetynets.org/content/what-say-others-about-your-wallet-card>
- [17] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_90\\_minutes.pdf](https://personalsafetynets.org/sites/default/files/agenda_-_90_minutes.pdf)
- [18] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_90\\_minutes.doc](https://personalsafetynets.org/sites/default/files/agenda_-_90_minutes.doc)
- [19] <https://personalsafetynets.org/content/personal-survey-getting-your-personal-safety-net-ready-0>
- [20] <https://personalsafetynets.org/node/417>
- [21] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_2\\_part\\_-\\_120-pss\\_minutes.pdf](https://personalsafetynets.org/sites/default/files/agenda_-_2_part_-_120-pss_minutes.pdf)
- [22] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_2\\_part\\_-\\_120-pss\\_minutes.doc](https://personalsafetynets.org/sites/default/files/agenda_-_2_part_-_120-pss_minutes.doc)
- [23] <https://personalsafetynets.org/content/tips-making-friends-0>
- [24] <https://personalsafetynets.org/node/319>
- [25] <https://personalsafetynets.org/node/410>
- [26] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_180-pss\\_minutes.pdf](https://personalsafetynets.org/sites/default/files/agenda_-_180-pss_minutes.pdf)
- [27] [https://personalsafetynets.org/sites/default/files/agenda\\_-\\_180-pss\\_minutes.doc](https://personalsafetynets.org/sites/default/files/agenda_-_180-pss_minutes.doc)