• Post date: January 6, 2017

**What's New? [1]**

Website Updated 2020
Links updated, Various content updated.
Newsletter Library
Check out our final newsletter from December 2016!
Also, check out our favorite new resources:

[Read more](#)

• Post date: April 13, 2016

**Disclaimer [2]**

As Personal Safety Nets (PSN) has been transitioning we've attempted to compile all we've learned onto this website, in a way that is useful to as many as possible.

[Read more](#)

• Post date: December 31, 2015

**Read Aloud Book: "There's NO Such Thing as a Dragon" [3]**

[Read more](#)

• Post date: December 30, 2015

**Certified Teachers [4]**

[Read more](#)
• Post date: December 30, 2015

**Session Ice Breakers** [5]

PSN Scavenger Hunt

[Read more](#) [5]

• Post date: December 30, 2015

**Asking Exercise** [6]

First, ways to respond: Yes, no, explanation, none, curt, alternative, apology...

[Read more](#) [6]

• Post date: December 30, 2015

**Problem-Solving Scenarios** [7]

Group Action Exercise

Note: These scenarios can be used in a class situation (assign individuals and/or groups to do one or more) and follow up with a discussion for the entire class, or simply considered by the classroom in an open discussion. They can also be given as homework or research assignments.

[Read more](#) [7]

• Post date: December 23, 2015

**Agenda Sample - Three Hours** [8]

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
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
Using a Wallet Card

HANDOUTS/ACTIVITIES

Read more

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

Read more

Agenda Sample - 2-part - Two Hours

Agenda Overview

Read more

Who To Trust? For What? When?

Surveys reveal that Americans have, on average, very few trusted confidants in our lives. Forty years ago, we had six to seven, now it's two to three. If you thought you were alone searching for trusting relationships, you're not. You're in the majority.