

Identity - Who am I?

A quick activity to get a young person thinking about their identity.

Identity: things that make you, you! It could be your appearance, your interests, your beliefs - anything! Your identity may change over time too!

My name is:

5 things about me:

A _____

B _____

C _____

D _____

E _____

Now put this in order of what the most important things to you are. draw a line between them.

A

B

C

D

E

1st

2nd

3rd

4th

5th

This is me:
(add photos of yourself here)

I take care of my sister.

My favourite animal is a dog.

I like reading.

I like gardening with Dad.

I like telling jokes.

I love swimming!

5 things I like:

1 _____

2 _____

3 _____

4 _____

5 _____

5 things I dislike:

1 _____

2 _____

3 _____

4 _____

5 _____

This is how I would describe myself to others:

Repeat these activities in a week, a month, a year. Are your lists still the same? Have the most important things to you changed?

It is natural that our identity, as well as our likes, dislikes and what is important to us, changes over time - this is part of growing up!

If you are curious, or have worries or questions about your identity, we may be able to help at explorewellbeing.org.nz

Presentation / Notable Changes to persona Consider the warning signs and / or the changes a person portrays or demonstrates

Risk Framework

Likelihood - Probability of risk

	Very Low Person has no indication of any vocalising of sympathy towards a group or movement	Low Person displays 1 or 2 of the sign typically, but no change to behaviour noted.	Moderate Person displays a change in 2+ warning signs.	High Displays 3+ warning signs & vocalises sympathy towards a movement/political stance which is notably different to previous beliefs OR any signs of self harm	Very High Displays changes to 3+ warning signs AND in addition of High, includes signs of planning and gathering of dangerous weapons OR signs of self-harm.
Highly Likely Person accesses online content, frequents chat rooms and has dynamic relationships with people online, unsupervised.	Moderate	Increased concern	Take Action	Take Action	Take Action
Likely Person accesses online content, social media and occasionally meets people in chat rooms or exchanges comments with strangers online, unsupervised.	Moderate	Increased concern	Increased concern	Take Action	Take Action
Possible Person accesses the internet without support, limited to online videos of a non-violent nature.	Minimal	Moderate	Increased concern	Increased concern	Take Action
Unlikely Person accesses online content as part of entertainment with no social media engagement and/or with supervision/support only.	Minimal	Moderate	Moderate	Increased concern	Increased concern
Rare Person doesn't access online content and natural networks are well documented and known to whanau and support staff.	Minimal	Minimal	Minimal	Moderate	Moderate



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