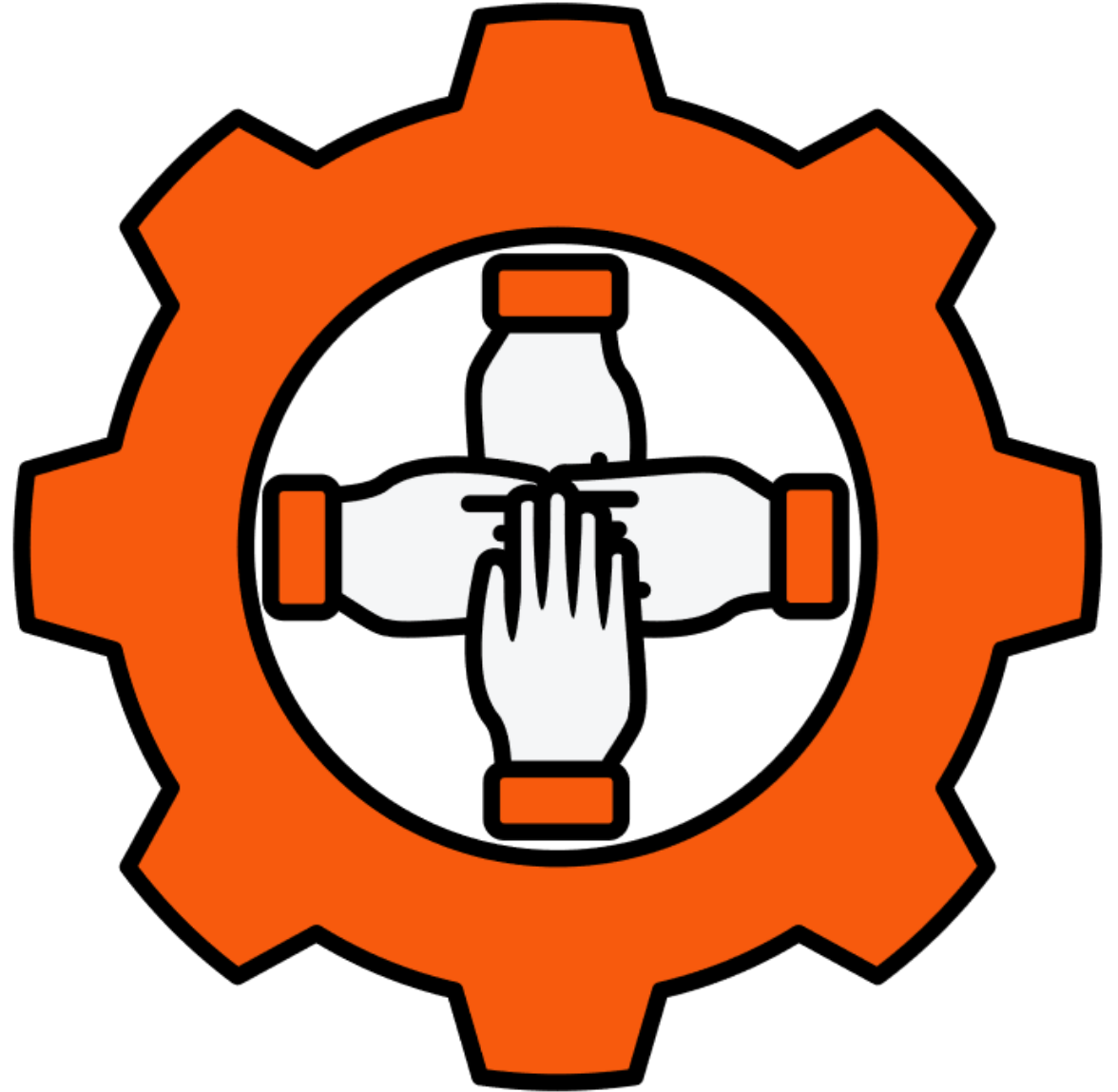


# Developing a Reliable System of Support



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# Learning Objectives



Understand of  
being a reliable and  
strong support  
system



Cultivating the  
habits of a reliable  
support system



Foster a sense  
of shared  
respect

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# Who can provide a reliable Support System?



Parents



Friends



Neighbours



Teachers



Playgroups



Religious groups

# Who is Unsuitable to Serve as A Support System?

Some factors that should be excluded from the support system:

1. Individuals who have deceived you



3. Individuals participating in unlawful activities

2. Individuals who seek to exploit your struggles and amplify them



4. Individuals who post critical remarks



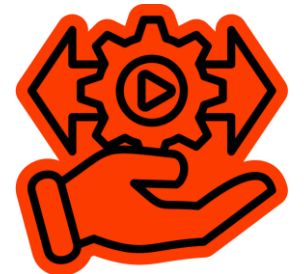
# What should be done after assessing the support system

Learn to rely on them when things go wrong. Openness and trust between yourself and your support system is required.



# Sustaining the Support System

Foster a mutually supportive relationship by offering assistance when needed, as they do for you. Allocate time to provide emotional support and care.



# Best practices for providing strong and consistent support system



1. Practice  
compassionate  
listening

2. Offer  
both spoken  
and unspoken  
encouragement



3. Affirm the  
validity of  
their  
feelings and  
perspectives

4. Maintain  
privacy



# Best practices for providing strong and consistent support system



5. Provide support and motivation

6. Maintain ongoing presence and reliability



7. Foster opportunities for development and progress

8. Preserve stability





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INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS), ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

**KOICA**  
Korea International  
Cooperation Agency

**KDS** Korea Institute for  
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