

# CIRCLES OF TRUST

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**Objective:** Understand levels of trust and locate a level for your peer mentoring relationship.

**Time:** 40 minutes

**How Many:**

4-30 students

Middle & High School

**Materials:** *Worksheet: "Circle Charts" (one for each person) and handout: "Chart of Circle Categories".*

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**Enroll:**

- What kind of things would you tell a best friend?
- What would you tell someone you just met?

**Do/Experience:**

- Hand out circle charts. At the center circle, everyone should draw himself or herself. The circles represent categories of people who are in your life.
- Post up the circle categories chart. Show each category one at a time.
- The space outside Circle 1 is for people you don't know at all.
- *Circle 1* = people you don't know very well. They might recognize your face or know your name, but that's it.
- *Circle 2* = your acquaintances. They know your name, they know a few things about you, but they don't know you very well. What are some kinds of things people in this circle might know about you?
- *Circle 3* = people you are closer to. They know quite a bit about you. They might do things together with you or talk to you regularly. What are some kinds of things people in this circle might know about you?
- *Circle 4* = people who are even closer. You share personal things with them. They know things about you that others don't know. What are some kinds of things people in this circle might know about you?
- *Circle 5* = people you are closest to. You would tell them anything. What are some kinds of things people in this circle might know about you?
- *Circle 6* = for yourself.
- Take a few minutes to think of people in your life, and put some of them into the appropriate circle. You do not have to have people in each of your circles.

**Process:**

- Is it possible to move between circles?
- Look at the people in your circles. In your life, have any of them moved closer to the center? Further away from the center?
- What are things that can happen to move people farther from the center?
- What things can move people closer to the center?

**Label:**

- One way to look at these circles is as circles of trust. The more we trust someone, the closer they are to us.
- Just as people we know are in our circles, we are all somewhere in the circles of other people.
- We don't have to be at the same level in each other's circles. (For instance, you might be someone's best friend, but they are not yours, or vice versa.)
- We also don't have to have people in all of our circles. Some people might want to have lots of people in their closest circle, while others might not want anyone in

their closest circle.

- Demonstrate:**
- Think about your mentee. Where do you want them to be on your drawing? Where do you want to be on your mentee's drawing?
  - Is it important to be at the same level of trust? Why or why not?
  - [If you want, use the example of your relationship with students. How much do you know about them? How much do they know about you? How did you decide to draw the line? How will their relationship with their peer buddies be different from your relationship with the?]
  - Divide the group in two. One group will brainstorm a list of ways to establish trust and one will brainstorm ways to break trust. Share lists.

- Review:**
- Name one thing you will do to gain your mentee's trust.

- Celebrate:**
- In the next day, do one nice thing for the people you are closest to.