



*Friendships and
Being a Good
Friend*

YEAR 8 PSHE

Coming up.....

Think and Reflect: Are you a 'good friend'?



Pair: What makes a 'healthy friendship'?

Square: What are the signs of an unhealthy friendship?

Reflect: What sort of friend are you?

Share: How can we resolve conflict?





Think.....

On your own, on a piece of scrap paper or your notebook or on your device, write a paragraph about whether or not you are a 'good friend'. Think about what characteristics make you a good friend. What would you like to change about yourself that might make you a better friend. If you don't think you are a good friend or recall instances when you haven't been a good friend, what could you have done differently?

Important: You are not going to be asked to share this paragraph. This is a self-reflective activity and as such you are encouraged to be honest with yourselves. The work can be deleted or destroyed once completed.

Timescale: 10 whole minutes!


A large, horizontal pink brushstroke graphic with a textured, hand-painted appearance. The word "Pair....." is written in white, italicized serif font across the middle of the brushstroke.

Pair.....

In a pair, talk about 'what makes a healthy friendship'. You should make some notes to refer back to if asked to make a contribution to class discussion.

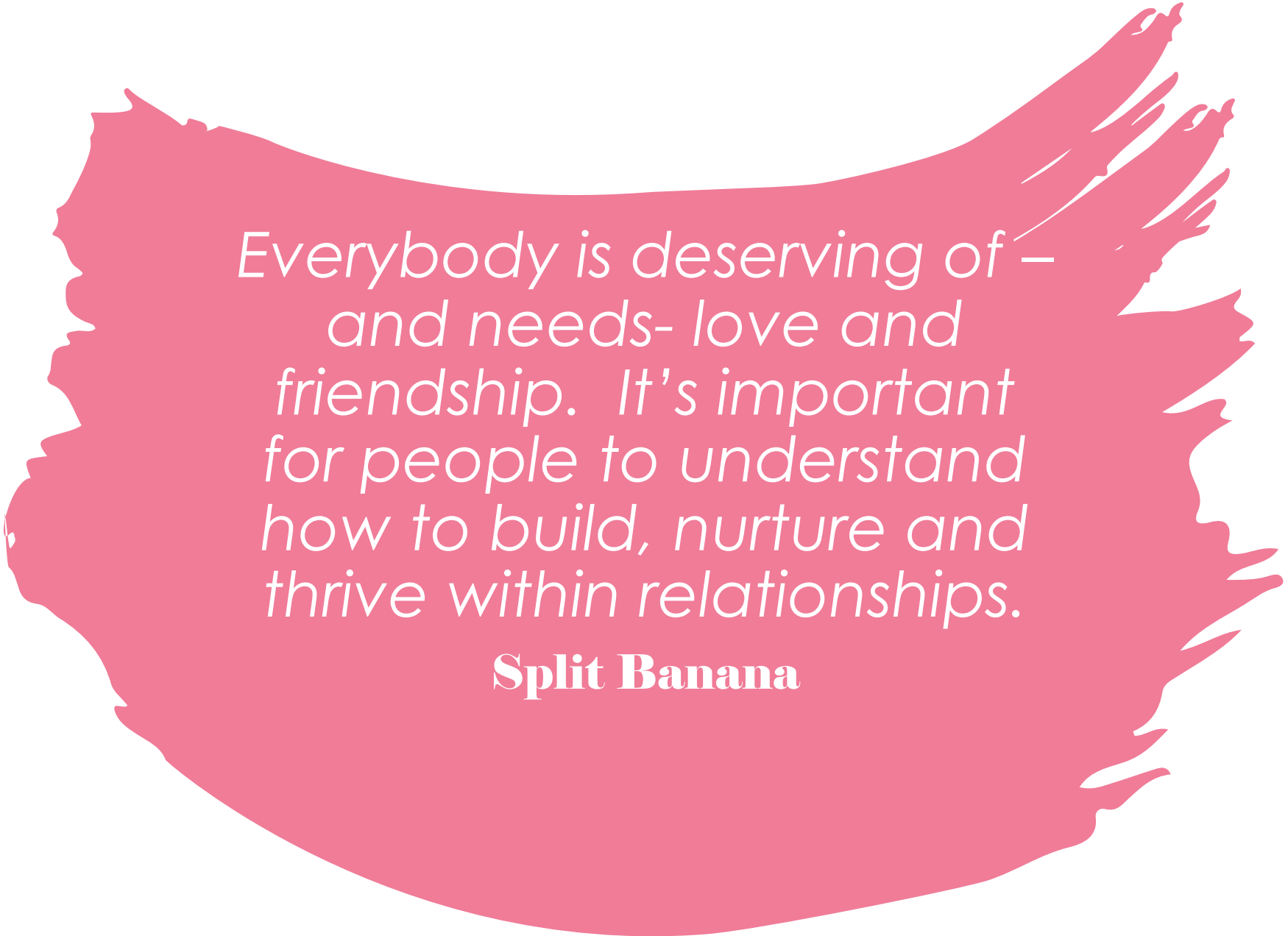
Important: This is a paired activity and as such you are encouraged to each play your part and listen to your partner as well as contribute your own ideas.

Timescale: 5 minutes



*There are certain elements
that go into a healthy
relationship/ friendship;
comfortable pace, honesty,
respect, kindness, healthy
conflict, trust, independence,
equality, taking responsibility,
fun.*

**Pair..... What are your top 5
elements for a healthy
friendship?**

A large, irregular pink brushstroke shape that serves as a background for the text. The stroke is thick and has a textured, hand-painted appearance with some darker and lighter shades of pink.

*Everybody is deserving of –
and needs- love and
friendship. It's important
for people to understand
how to build, nurture and
thrive within relationships.*

Split Banana



Be your own best friend

**Think..... Why is this
important?**



Instead of making you feel good – like you belong and are accepted – **toxic friendships can lead to you feeling bad about yourself.** That's because frenemies often put people down, manipulate them, leave them out or behave in other mean ways, both face to face and on social media.



SQUARE

WHAT ARE THE SIGNS OF AN UNHEALTHY FRIENDSHIP?

TIMESCALE: 10 MINUTES

Feedback and discussion.....

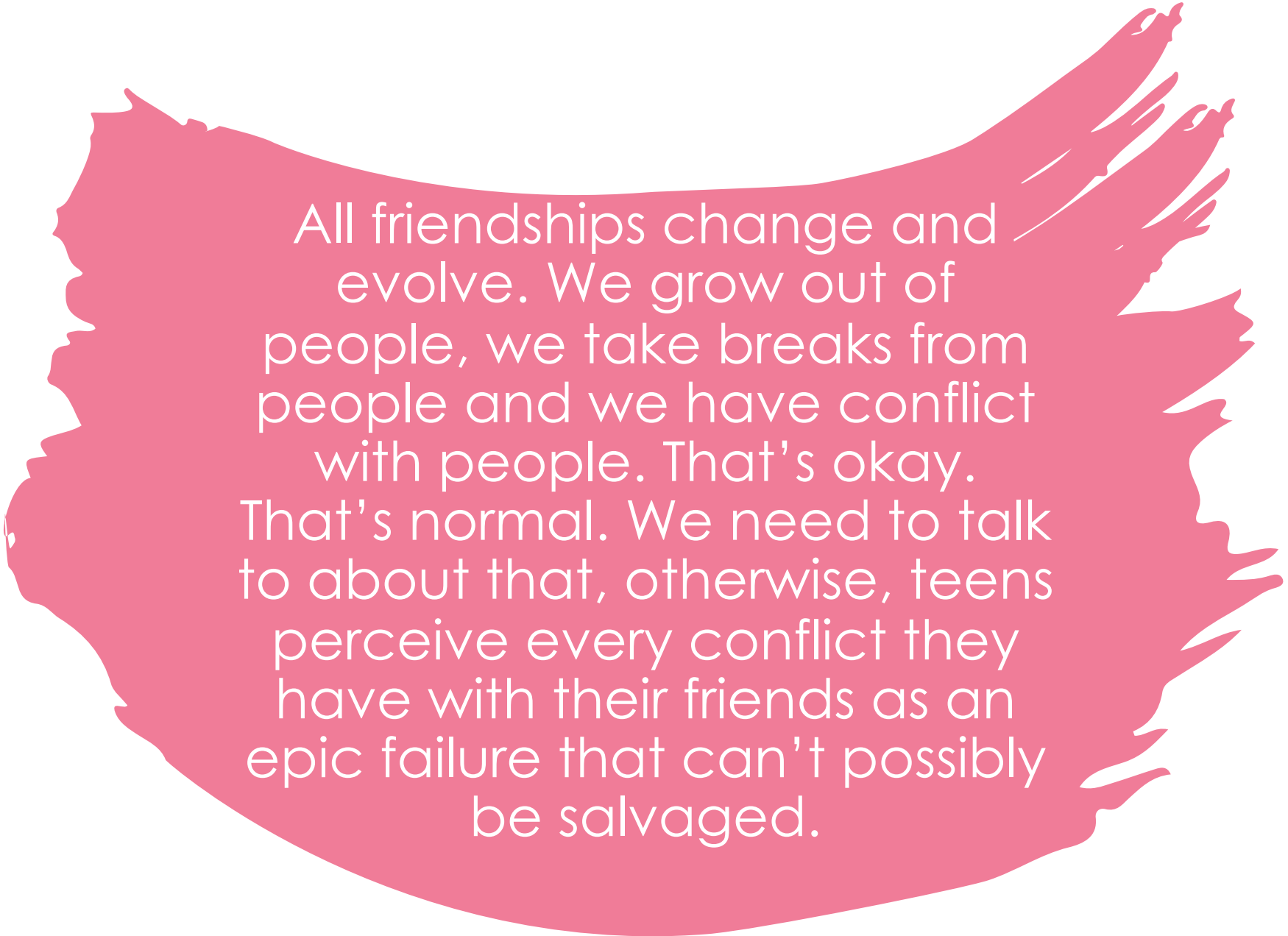
- They only call/ message when they want something
- The conversation is never equal
- They put you down or make fun of you in front of others
- You feel bad about yourself when you've spent time with them
- They aren't happy for you when good things happen
- They talk about you behind your back
- Your friends bail on you
- They use your secrets against you and share them
- They are a bad influence and make you do things that get you into trouble
- They talk about their other friends behind their back
- They exclude you from things with mutual friends



*Self-reflection: have you ever
done any of these things?*

**Can you think about WHY you
might have done some or all of
these things?**

Timescale: 3 minutes



All friendships change and evolve. We grow out of people, we take breaks from people and we have conflict with people. That's okay. That's normal. We need to talk to about that, otherwise, teens perceive every conflict they have with their friends as an epic failure that can't possibly be salvaged.



Square.....

In your square, talk about 'how friends can make up after a falling out'?

Important: You are going to be asked to share your ideas. This is a group activity and as such you are encouraged to each play your part and listen to others as well as contribute your own ideas.

Phrases to try.....

- I'm feeling really hurt, can we start over?
- I need a moment. I want to sort this out, but I need to think.
- Let's agree to disagree.
- We might be misunderstanding each other here. Let's just stop for a minute
- Hang on, can we start again?
- I'm feeling uncomfortable. Can we just stop for a minute?
- Can we stop for a moment? We are going to figure out a way to make this right.
- Hang on. Let's just backtrack. What's our actual problem?

Sorry..... The hardest word?

- Sometimes the thing that needs to be said is, 'Sorry'. We all make mistakes and misspeak. The language to make a meaningful apology helps. It's something we could all practice.

I am sorry for...

It was wrong because..

Next time I will...

Extension: Talk through solutions.....

Scenario 1

Your friend keeps calling you a nickname you don't like.

What can you do? How could you tackle this?

Scenario 2

You make a new friend and one of your friends gets jealous.

What can you do? How could you tackle this?

Scenario 3

One of the people in your friendship group stops talking to you and you don't know why.

What can you do? How could you tackle this?



Summary

Healthy friendships are important to our happiness and self-esteem. Unhealthy friendships are damaging. Reflecting on what type of friend you are can be helpful. Being a good friend can help your own happiness

