

POSITIVE RELATIONSHIPS

Learning objectives

We are learning about friendships and how to deal with some of the challenges that can arise.

Learning outcomes

By the end of the lesson you will be able to...

- Identify the qualities of healthy and unhealthy friendships
- Describe strategies for dealing with challenges in friendship
- Explain how friends can support each other effectively

KEY

VOCABULARY

Friendships, positive, respect, help, qualities, peer pressure, support, services

POSITIVE RELATIONSHIPS



**A new student has just moved to the school halfway through the year.
What tips would you give them?**

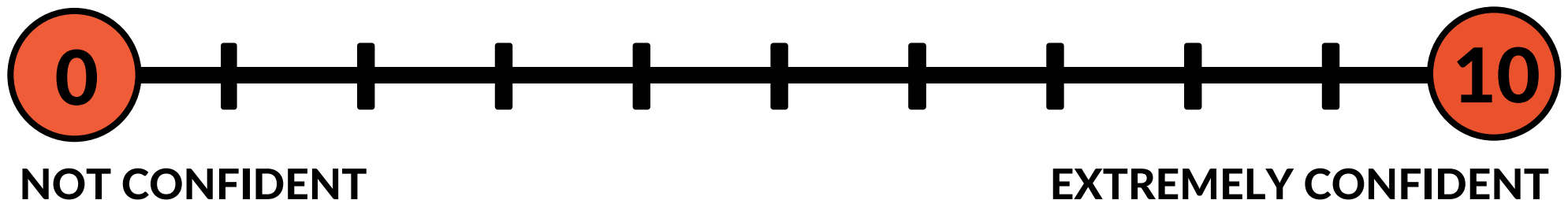


POSITIVE RELATIONSHIPS

SELF ASSESSMENT



- A. How confident are you in knowing what makes a good friend?
- B. How confident do you feel about managing changes in your friendships?
- C. How confident are you in knowing how to support a friend?



POSITIVE RELATIONSHIPS

WHAT MAKES A GOOD MATE?



Good friends do... (how do they add to your life?)

Good friends don't... (what do good friends avoid doing?)

The most important qualities of a friend are...

Conflicts that can arise in friendship include...

Respond to other people's statements. Explain your reasons!



Agree



Disagree



Develop



Challenge

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WHAT MAKES A GOOD MATE?



ALL

1. What did people agree on and why?
2. What did people disagree on and why?

FURTHER CHALLENGE



1. Why do some people have different expectations of what a 'good friend' means?
2. Are there similarities in these qualities to positive sibling relationships?
3. In what ways might our expectations of friendships change over time?

WHEN THINGS GET TRICKY



Create a piece of creative writing or a storyboard to highlight the challenges that can arise in friendships. For example:

- One friend is left out of a trip to the cinema
- One friend lies to another friend about where they were at the weekend



Do not base this on your real-life experiences or anyone you know

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WHEN THINGS GET TRICKY

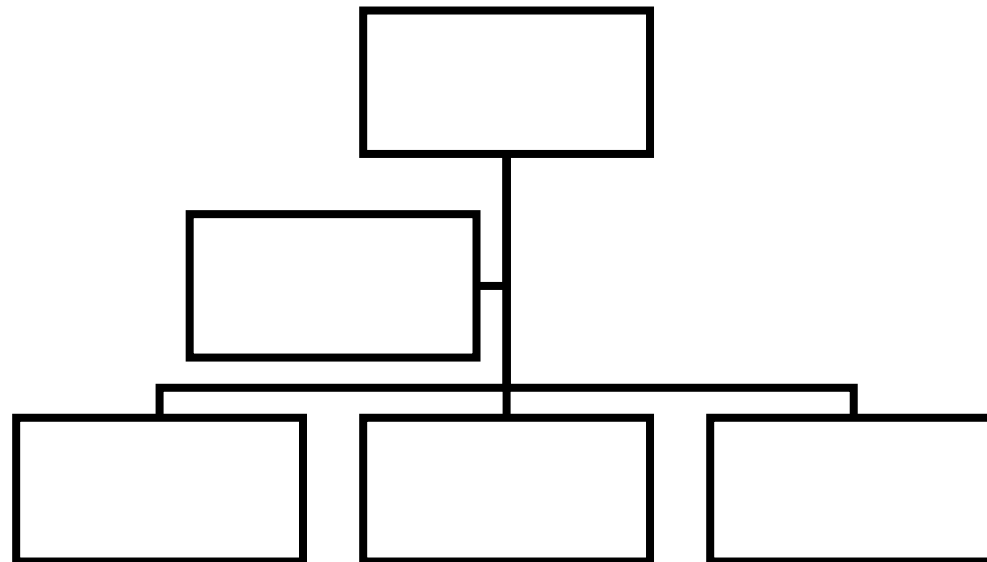


Swap your scenarios with another group



Create a flowchart: What happens next?

What are the solutions?

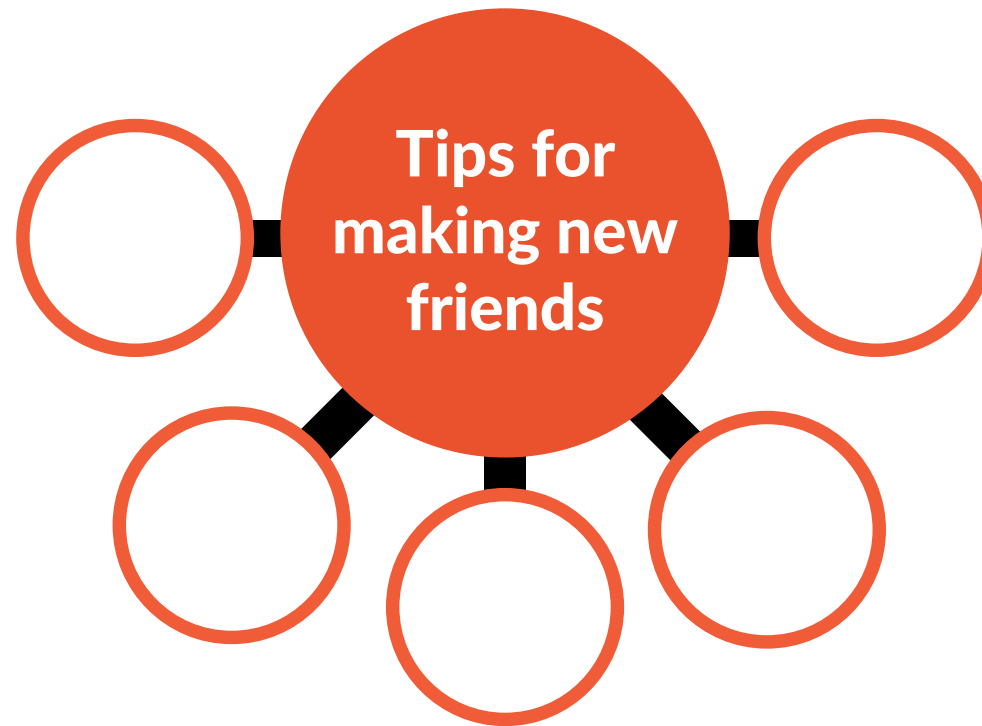


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PLENARY



Add anything new you have thought about in the lesson.



In another colour pen, add in ways to maintain healthy friendships.

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