

Friendship



Friendships can have a major impact on our health and well-being, but it's not always easy to make or maintain friendships.

For some, friendships are really important, but they can find it hard to develop and maintain these relationships in a positive and safe way.

Some young people need ongoing support to develop the skills for this.

Below are some activities to explore this.

Activity 1

Think about some of the questions below. Write down the answers, or get someone to write for you, or just have a discussion with someone.

1. What makes a good friend?
2. What is the difference between a friend and someone you know?
3. What qualities do you look for in a friend?
4. Make two lists – one list of all the things that a good friend would do, then one list of things a good friend would never do.
5. If you met someone new and you wanted to be their friend, what might you do?

Activity 2

Think about the following situations. Discuss them with someone.

Think about:

- *How they would make you feel?*
- *How you would deal with it positively?*
- *What would be the wrong thing to do?*

1. Your friend keeps saying or doing something that hurts your feelings.
2. A friend wants you to do something which you think is wrong. They say they won't be your friend if you don't do it.
3. Two friends in your friendship group have fallen out. They have asked you to choose between them.
4. You find out a friend has lied to you.
5. You really like one of your friends but they are constantly messaging and calling you and, even though you like them, you want some time for yourself.
6. Your family don't like one of your friends.
7. You don't want to be friends with someone anymore, because they make you feel bad, but you don't want to hurt their feelings.

A few things to think about...

- Friendships can be really important to us and how we feel.
- Treat your friends in the same way you would like them to treat you. Friendships are a 'two way' thing.
- Focus on the way a friendship makes you feel. Think about the following:
 - *Do I feel better after spending time with this person?*
 - *Am I 'myself' around this person? Or do I have to act differently?*
 - *Is the person supportive and am I treated with respect?*
 - *Is this a person I can trust?*

If a friendship is making you feel unhappy, the person is probably not a 'friend'

Talk to someone if you need help to cope with a friendship that feels unhealthy and is making you upset, or if you want help to be a better friend to someone.

And finally when you have good friendships, enjoy them!

