

# Friendships & Online Relationships

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



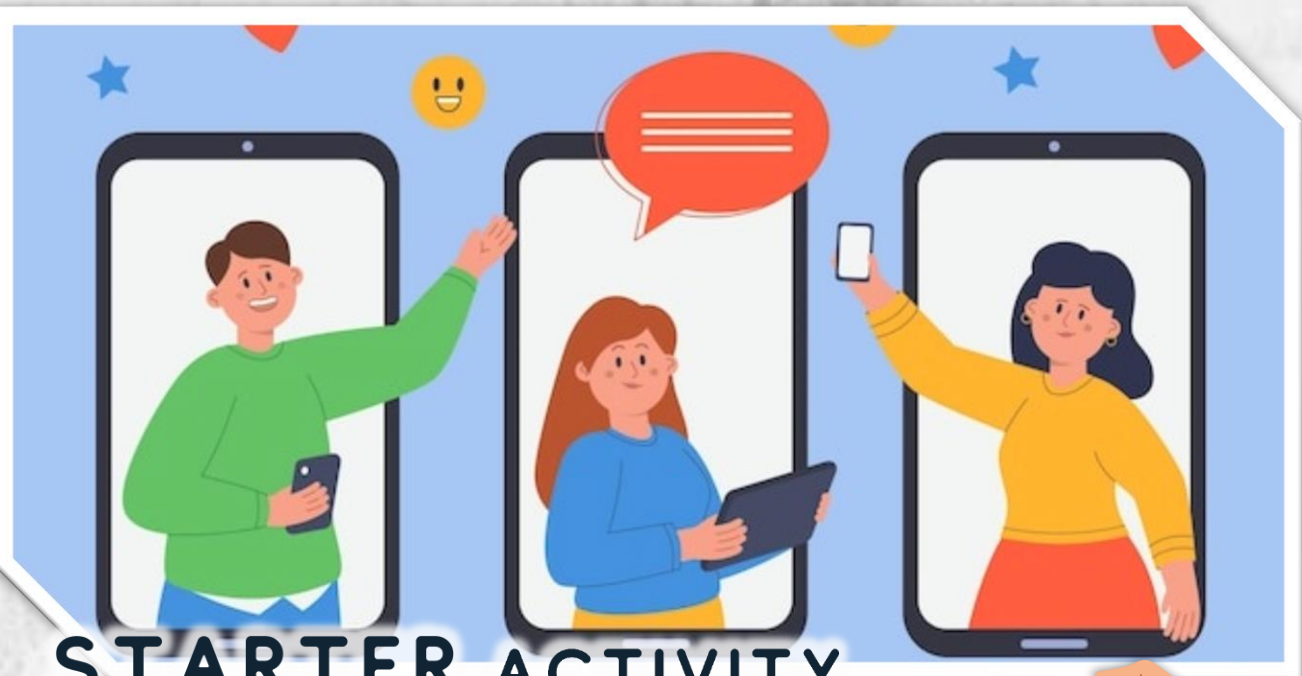
To understand the different  
types of friendships that  
exist

To understand what an  
unhealthy relationship  
might look like

To explore what being a  
true friend to someone  
really entails

## NEW VOCABULARY

Online Friends, Self-  
Disclosure, Phubbing, Online  
Friends, Malicious, Exploited



## STARTER ACTIVITY

What does it mean to be a good friend?

What support can an offline friend give you that an online  
friend can't?



3 Minutes

# GROUND RULES



Be open and honest  
**No Personal Comments**  
Discussions must be about  
'general situations'



You don't have to say  
things about yourself if  
you don't want to

**It's OK to be embarrassed**  
by a topic but don't show  
that you are embarrassed  
through silliness



## Be Respectful

Listen & don't interrupt others  
Only 1 person talking at a time  
Use the agreed appropriate  
Language (Avoid slang terms)



**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

## **PSHE CLASSROOM RULES**

### **DEALING WITH SENSITIVE TOPICS**

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

**Be Non-Judgemental**  
No put-downs. Challenge  
the opinion, not the  
person



Conversations on sensitive  
topics stay in the  
classroom unless it is a  
**safeguarding issue**

There are **no stupid questions**  
It's OK to get things wrong

**Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support**



# Friendships & Online Relationships

ASSESSMENT  
FOR LEARNING

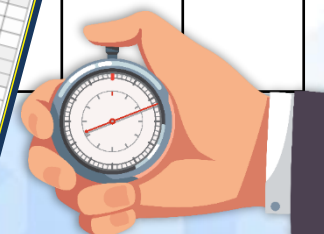
## BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I can recognise if I have unhealthy friendships										
I understand the importance of not giving too much information to online friends										
I can give good advice to others on what a friendship should and shouldn't be										

Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic


A little confident

Confident

Very confident

I am super confident on this topic

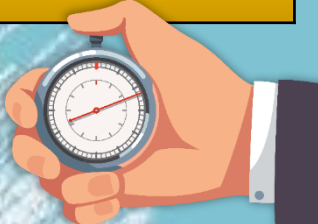


HOW?	<div>FIRST</div> 									
WHAT?										
WHERE?										
WHO?										
WHY?										
<div>PAIR &amp; SHARE</div> <div>THOUGHTS &amp; FEELINGS</div>	<div>SECOND</div> <table border="1"><tr><td>DID?</td><td>MIGHT?</td><td>COULD?</td><td>CAN? / WILL?</td><td>IS? DOES?</td></tr></table>					DID?	MIGHT?	COULD?	CAN? / WILL?	IS? DOES?
DID?	MIGHT?	COULD?	CAN? / WILL?	IS? DOES?						



Use the grid above to help you come up with three questions about the image

2 Minutes



# What you should not do in a conversation - Teacher Check PPT Notes

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)





## Task

How do you manage all of your friendships?  
Which do you prefer?

- a) Chatting to friends online
- b) Hanging out with friends in real life





being  
online



## Task

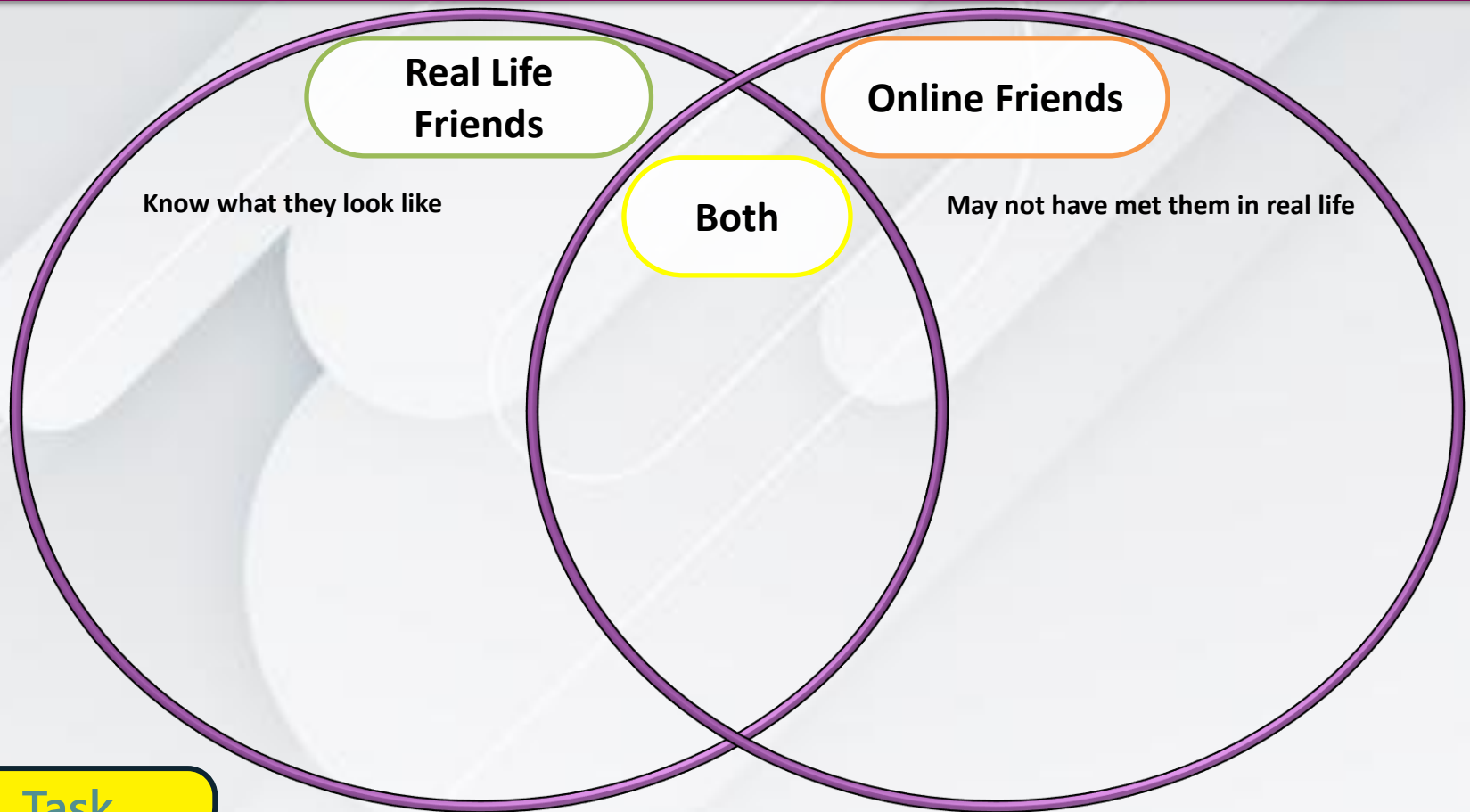
1. Why do young people place so much value on online relationships?
2. Can online relationships really make us happy?
3. Is everyone online who says they are your friend really your friend?



**Keyword:**

*Online Friends: acquaintances, or people you have a friendship with online only through social media*

*Phubbing: "phone snubbing", or paying more attention to your phone than to the real people you're with*



**Task**

Complete the Venn diagram considering the following:

What words do you associate with them?

How well do you know them?

How do you make these kinds of friends?

What do you have in common?

**EXTENSION**

What are the differences between the two?

Is it okay to have more friends online than in real life?





# Discussion topics



Why should you never reveal personal information online?

Can you trust someone you only know online?

Is everyone online who they say they are?

How can online conversations be used against someone in real life?

Why should you not accept every friend request you receive?

**Make up a discussion topic**

## Online Relationships

Demanding access to your online account details for social media platforms and banks

Someone who makes you feel upset

You are being blamed for the other person's negative or abusive behaviour

### Unhealthy online relationship



The person is making you keep the friendship a secret from others

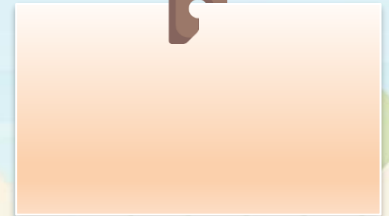
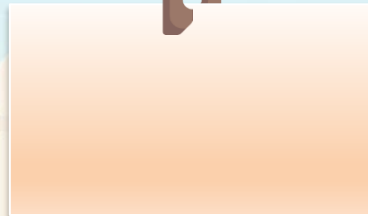
You feel uncomfortable about some of the discussion topics in your chats

You feel they are trying to control parts of your life

You are being sent, or being forced to send sexual images of yourself

You are constantly being checked up on

**Peg the three most important features of a positive online relationship. Be prepared to justify your answers**



Honesty

Clear Boundaries

Trust and Respect

Sharing Secrets

Good Communication

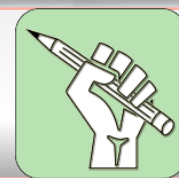
Having a Laugh

### **Did you know?**

*Online relationships can lead to you taking advice from those with malicious intention. You also might find yourself, or a friend, being exploited or abused.*



# Why Keeping Secrets Can Be Harmful



**Life Noggin Clip:**  
**Why Keeping a Big Secret Is  
Worse Than You Think**

**Task:** Pick one or two coloured  
hats and answer all the related  
questions



**3 Minutes**



What facts do I  
know? What else  
do I need to know?  
What do I want to  
know?

**INFORMATION**



How do I feel  
about this? What  
don't I like about  
this? What do I like  
about this?

**FEELINGS**



Can something be  
done? New ideas?  
What are the  
solutions/  
suggestions?

**CREATIVITY**



What thinking is  
needed?  
Next steps?  
Where are we  
now?

**THINKING**



What is wrong?  
Is it safe?  
Can it be done?

**JUDGEMENT**



## Tasks

Pick a scenario, and demonstrate your knowledge of the topic by giving Dylan good advice about what he could do.

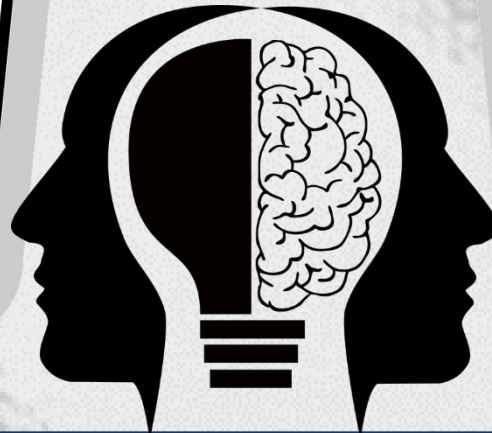
A couple of Dylan's friends have started to send texts to another pupil which are making the pupil upset. They ask if Dylan can send one from his mobile phone.

Dylan has recently got an Instagram page, and has received some requests from people he doesn't know asking if he can follow them.

Some students at school have downloaded a friend's social media profile picture, made changes, and started sending it to other students at school.

Dylan look at a friend's social media profile and can see where they live, when they were born, their mobile number, and a picture of them in their school uniform

Dylan's best friend tells him that she has been talking to a new friend online via a gaming platform. Dylan doesn't recognise their name and his friend tells him that she is going to meet up with this new friend on Sunday.



# What Do You Think?



**“You can never really trust someone who you have only met online”**

## Talking Points



I think that ...  
I don't think... is right because...  
My opinion is...  
I would argue the same because...  
I disagree with... because...  
Building on what... said. I think...  
An alternate way of looking at this is...  
I sort of agree, however....  
I would challenge what.. said because ...

**Do you agree or disagree? Why?**

**Can you add to the statement?**

**Do you have a question about the statement?**

**Would you like to challenge what is being said?**

**Do you have an alternative idea?**



# Discuss with a partner

**What happens when you fall out with a best friend?**

**What is your responsibility when you end a friendship with someone?**

**What could be the cause of conflict in the pictures below?**

**If someone tells you something that you know they are sensitive about, what should you do?**

**Can you be friends with someone you can't trust with a secret?**



## Did you know?

*The psychological term “self-disclosure” is when we share information about ourselves with another person.*

## FRIENDSHIPS

If I disagree with a friend, I can say so.  
They can ask why, but ultimately  
should respect my opinion

A shoulder to cry on, or a  
helping hand when I feel  
down

Someone to rely on in a  
time of crisis

I let a friend know  
when I feel  
disappointed by  
something they have  
done in a respectful  
way

### Friendships What are they really about?

If my friend is being  
annoying to me or  
others, I quietly let  
them know

I ask for help  
from my friends  
when I'm  
feeling upset

I am able to be  
who I want to be  
around my friends

I encourage my friends to  
pay any money back they  
owe

I always try to help my friends If I  
can





# REVIEW YOUR LEARNING OUTCOMES

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FOR LEARNING

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3 Minutes

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on this topic

A little  
confident

Confident

Very  
confident

I am super  
confident on  
this topic

# HOMEWORK SUGGESTION

## Homework Explained

Create an acrostic poem for FRIENDSHIP

*Friendly*

*Reliable*

I

E

N

D

S

H

I

P

### DUE DATE

It must be submitted by..

Hand / Google  
Classroom





# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.gottman.com/> - provide a research-based approach to relationships
- ☐ <https://www.childline.org.uk/> - support on all sorts of topics
- ☐ <https://www.youngminds.org.uk/young-person/coping-with-life/friends/> - a guide to friends for young people
- ☐ <https://www.healthline.com/health/benefits-of-friendship>

RELATIONSHIPS  
& SEX EDUCATION



## SEEKING SUPPORT

# REFLECTION PLENARY



**A problem I overcame today was...**

**Before I only knew...  
now I also know...**

**The key words for this lesson  
were...**

**I'm really proud of the way I have...**

**Today I have tried to...**

**The most important thing I have  
learnt today is...**

**I used to feel ... but I now feel ...**

**Before I would have done...  
Now I will ...**

**Next lesson I would like to...**

**A question I would like to ask  
is...**

**I would like to learn more  
about...**

**I know if I need further support  
or help I could speak to.... or  
contact...**

**I now know I can supported  
others by...**

**One thing I didn't realise was...  
this will help me to...**

**2 Minutes**







# REFER TO MINDFULNESS POWERPOINT

