

What makes a good friend?

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand the importance of friendship and the qualities that make a good friend

To know what is needed to form positive relationships with friends

To evaluate why some friendships can be more beneficial than others

NEW VOCABULARY

Friendship, Loyalty, Acquaintances, Toxic, Jealousy, Betrayal, Isolation



Listen carefully to the song.

What does it say a good friend needs to do?
How might a friend do this?
Why is it important to have friends?



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

What makes a good friend?

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 know the benefits of having friends and the stages of friendship										
I understand what I'm looking for in a friend and how to make new friends										
I understand how to identify toxic friendships and the risks of having them										

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



A Film About Friendship



I've got your back - A film about friendship by koko

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



4 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?

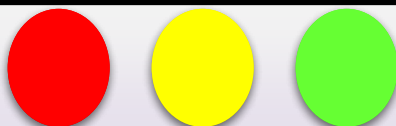
JUDGEMENT

DOES THIS MAKE SOMEONE A GOOD FRIEND?

A friend must share your interests



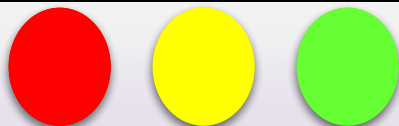
A friend is someone you can trust



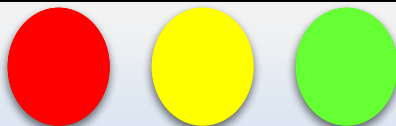
A friend should have a similar personality to you



A friend should always stick up for you



A friend should always cover for you



A friend is someone who won't tease you



A friend must be approved by your parents



A friend is someone who will forgive you



A friend is someone who won't disagree with you



Task

Discuss each statement and decide if you agree (Green)
Not sure (Amber)
Disagree (Red)

The 4 levels of friendship

Level 1 (CLICK TO REVEAL)

Level 2 (CLICK TO REVEAL)

Level 3 (CLICK TO REVEAL)

Level 4 (CLICK TO REVEAL)

It is important to note that these levels are not set in stone, and friendships can move back and forth between them depending on circumstances and personal growth. Additionally, the level of friendship may differ for each person depending on their personality, experiences, and needs.



Discussion topics



How do you choose your friends?

Do most friendship groups have things in common?

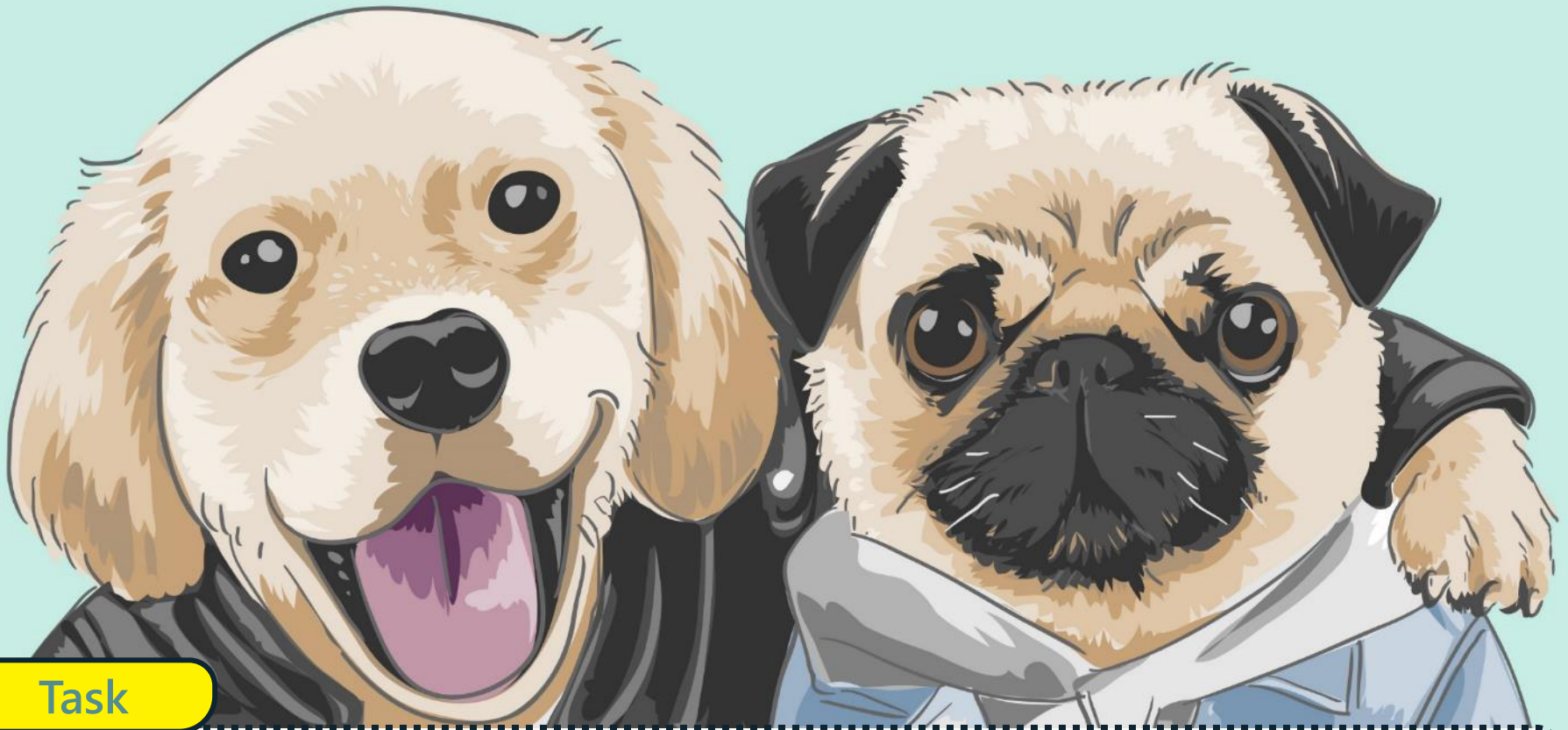
Can people have friends outside of school?

What makes somebody a close friend or "BFF"?

Do friends change as you get older? Why?

Make up a discussion topic

"MY BEST FRIEND"



Task

Think about a time when someone was really there for you and demonstrated what a true friend they were.
Would anyone like to share their story?

ACTIVITY

Friendship Graphic

FRIENDS
become our
CHOSEN
FAMILY

a sweet
FRIENDSHIP
refreshes
THE
SOUL

we
WILL BE
FRIENDS
forever
YOU KNOW
too much

OUR
Friendship
IS NOT A BIG THING
IT'S A
MILLION
LITTLE
things

Task

Create your own saying about friendship and decorate it

LIFE IS
BETTER
WITH
FRIENDS

FRIENDS
NEVER
SAY
GOODBYE

MY
BEST
FRIEND

FRIENDS ARE
ALWAYS
CLOSE TO
THE HEART

TOP TEN REASONS FOR FRIENDS TO FALL OUT

10th (CLICK TO REVEAL)

5th (CLICK TO REVEAL)

9th (CLICK TO REVEAL)

4th (CLICK TO REVEAL)

8th (CLICK TO REVEAL)

3rd (CLICK TO REVEAL)

7th (CLICK TO REVEAL)

2nd (CLICK TO REVEAL)

6th (CLICK TO REVEAL)

1st (CLICK TO REVEAL)

ACTIVITY

Best Friend Job Advert

Task

Create a job advert for someone to be your best friend.

Outline what sort of qualities they need to possess and what you expect from them.



Help Box

Explain what a friend is

Explain why having friends is important

Explain specifically what you expect from a friend

Describe the qualities a good friend would need i.e. honesty etc.

Could have a section on what a good friend should NOT do i.e. lie, steal, etc.



Discussion topics



What qualities
make a good
friend?

Why is it
important to
have friends?

Why are
some people
unkind to
others and
even their
own friends?

Can it be hard
to make new
friends?

Can some
friendships be
toxic?

Make up a
discussion topic

Toxic Friendships

You're giving more than you're getting

You no longer trust them

You make excuses for them and you feel used

**How will I know
if I'm in a toxic
friendship?**

You don't think they have good intentions

You compete with them



You don't enjoy spending time with them

You can't depend on their advice

You're embarrassed by their behaviour towards others

Risks of Staying in a Toxic Relationship

If you have identified a toxic relationship, you have to be brave and say something to change the situation and be willing to end the relationship if you have to.

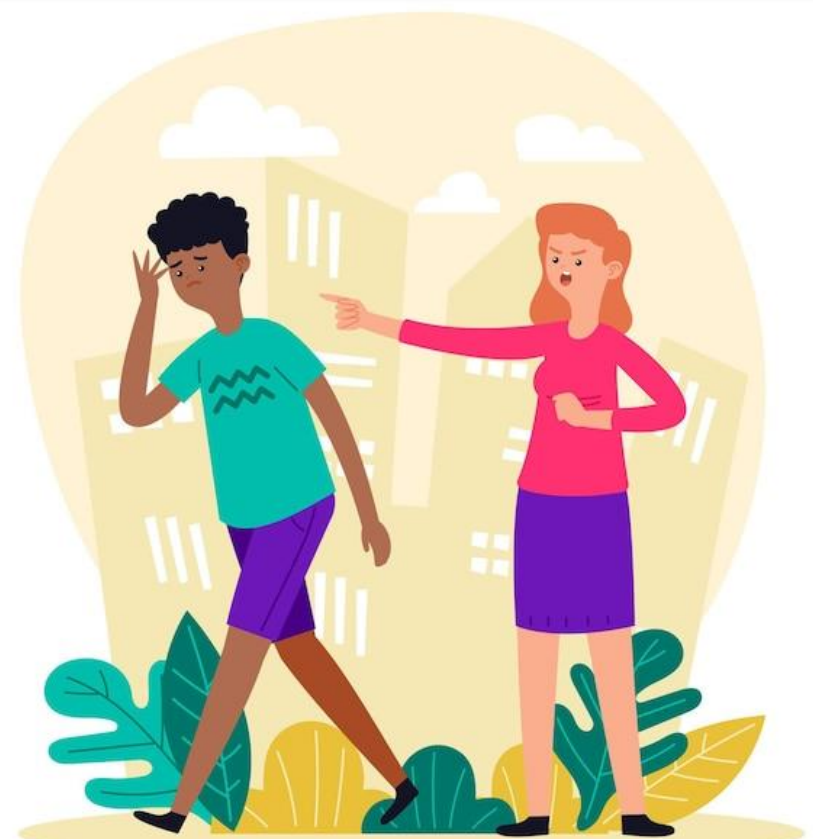
Toxic relationships can lead to:

Emotional distress: It can make you feel like you are constantly walking on eggshells and lead to a lot of stress.

Physical health problems: The stress caused can manifest in physical health problems such as headaches and high blood pressure.

Low self-esteem: A toxic friend may constantly put you down, belittle your accomplishments, or criticize your appearance.

Isolation: A toxic friend may try to isolate you from other friends, leaving you feeling alone and unsupported.





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

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on this topic

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confident

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confident

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confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Create a friendship pledge, where you commit to being a good friend and treating others with kindness and respect. Include what you intend to pledge and how you will go about achieving it. You can make your pledge in a drawing, a short speech, or any other creative way you can think of.





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

