

Belonging: The more healthy relationships the better

Approximate time: 20 minute tutor time session

Materials: Friendship handout (words on the Handout need to be cut out and separated)

Aim/outcome: To explore what makes a good friend

Explanation:

- Organise the students into groups of four. Give each group a set of words that suggest qualities of what makes a good friend and a bad friend.
- Ask them to identify the qualities that make a good friend and to put them in order of importance.
 - Then discuss as a group why they have chosen that way of ordering their cards.
 - Discuss how they could be like this in their friendships and whether they could choose people who have similar qualities
 - Do they have a choice in people they have relationships or friendships with?
 - How does having good relationships or friendships with people help them cope better with every day stresses and challenges of life?

Expansion activity:

Using the cards encourage the groups to discuss and illustrate their experiences of a good friendship. For example: in their groups they can discuss when they have experienced someone being loyal, when they have had a friendship where someone has listened, when they were given good advice etc

One-to-one:

Ask the student to pick out what cards have healthy friendship qualities and bad friendship qualities and then ask the student to put the cards with healthy friendship in order with the most important first. Ask the student to discuss why they have placed the cards in this order.

Students say: The idea of this activity is to encourage open discussion and to encourage students to feel safe to discuss their ideas of what makes a healthy friendship. It is important that students feel safe to discuss their ideas and that there is not necessary any right or wrong answers.

Friendships handout

Cut and separate these words and place them in ranking order of what makes a good friend and a bad friend with the most important quality first and the least important quality last.

Fashionable	Honest
Gets in to trouble	Supportive
Clever	Trusting
Tries hard	Kind
Popular	Talks behind people's backs
Exciting	Loyal
Likes the same things	Sticks up for you
Funny	Listens to your problems
Reliable	Shares
Friendly	Centre of attention