

Friendship Foundations: PSHE Flashcards

Learning objective: To understand the characteristics of healthy friendships, the importance of empathy, and how to resolve conflicts kindly.

Read the front of the card and think of your answer. Then, check the back of the card to see if you have identified the key concepts of a positive friendship.

What is Empathy?

Empathy is the ability to understand and share the feelings of another person by imagining how they might be feeling in a situation.

Why is Trust important in a friendship?

Trust is the belief that you can rely on your friend to be honest, keep your secrets safe, and treat you with kindness.

What does it mean to show Respect to a friend?

Respect means valuing your friend's opinions, listening to them without interrupting, and treating them as an equal.

What is a Boundary in a friendship?

A boundary is a personal limit that you set to help you feel safe and comfortable, such as asking for space or saying no to an activity you dislike.

What is the best way to handle a Conflict?

The best way is to stay calm, listen to the other person's point of view, and work together to find a solution that makes both people happy.

What is Compromise?

Compromise is when two people with different ideas both agree to change their plans slightly so they can find a solution that works for everyone.

How can you show Inclusion when playing with others?

You can show inclusion by inviting people who are sitting alone to join your game and ensuring everyone has a turn to participate.

Why is Honesty essential for a good friendship?

Honesty builds a strong foundation because friends need to be truthful with one another to solve problems and grow together.

What does it mean to be a Supportive friend?

Being supportive means cheering for your friend's successes and being there to help them or listen when they are having a difficult day.

Why is Forgiveness important?

Forgiveness is important because everyone makes mistakes; letting go of anger helps a friendship move forward positively.