

Friendship Foundations: A PSHE Exploration

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

Read each card carefully. Think about how these concepts apply to your relationships with your peers. Use these cards to reflect on what makes a positive friend and how you can be a supportive member of your class community.

Empathy

The ability to understand and share the feelings of another person by imagining yourself in their situation.

Active Listening

Giving your full attention to a friend when they are speaking, showing you value their thoughts without interrupting.

Mutual Respect

Treating a friend with kindness and valuing their opinions, even when you disagree with them.

Conflict Resolution

The process of finding a peaceful solution to a disagreement by talking and finding a compromise.

Trustworthiness

Being reliable, honest, and keeping promises, which builds the foundation of a strong friendship.

Inclusivity

Making an effort to ensure no one feels left out and inviting others to join in with group activities.

Personal Boundaries

Knowing what makes you feel comfortable or uncomfortable and communicating these feelings clearly to others.

Compromise

When both people in a disagreement give up a little bit of what they want to reach an agreement that satisfies everyone.

Constructive Feedback

Sharing your thoughts with a friend in a gentle, helpful way to help them improve, rather than being unkind.

Positive Influence

A friend who encourages you to make good choices, work hard, and be the best version of yourself.