

Friendship Foundations: PSHE Flashcards

Learning objective: To understand the qualities of positive, healthy friendships and how to resolve common social challenges.

Read each question on the front of the card. Think about how you would act or feel in that situation, then flip to read the suggested answer. Use these to discuss what makes a great friend with a partner.

What is 'Empathy' in a friendship?

Empathy is the ability to understand and share the feelings of your friend, even if you do not feel the same way yourself.

Why is 'Trust' important in a friendship?

Trust is the belief that you can rely on your friend and that they will keep your secrets safe and be honest with you.

If a friend is upset because they lost a pen worth £2.50, what is a supportive way to respond?

Listen to them without interrupting, show them you care, and perhaps help them look for it or offer to share your own equipment.

What does 'Setting Boundaries' mean?

Boundaries are the personal limits you set to feel comfortable and safe, such as asking for space when you are tired or saying no to things you do not want to do.

How can you show 'Respect' to a friend who has a different opinion than you?

Listen to their point of view without being unkind, accept that people have different interests, and focus on the things you both enjoy.

What is the best way to handle a small 'Conflict' with a friend?

Use 'I' statements to explain how you feel, listen to their side of the story, and work together to find a compromise.

What is a 'Compromise'?

A compromise is when both friends agree to give up a little bit of what they want so that everyone is happy with the final decision.

Why is 'Honesty' vital, even when it is difficult?

Honesty builds a strong foundation. Telling the truth, even when you have made a mistake, shows your friend that they can count on your integrity.

How can you be a 'Loyal' friend?

Being loyal means standing by your friend when they are going through a hard time and not joining in if others are being unkind to them.

If you see a friend being excluded from a game, what should you do?

Be brave and invite them to join in, or speak to someone who can help make sure everyone feels included.

Why is it important to have interests outside of your friendship group?

It helps you grow as an individual, learn new skills, and ensures you have plenty of interesting things to talk about with your friends.

What is the 'Golden Rule' for friendship?

Treat others the way you would like to be treated yourself.