

My Friendship Fact-File

Learning objective: To understand the characteristics of healthy relationships and how to be a supportive friend.

Think about your friendships and the qualities that make someone a great person to be around. Use this fact-file to explore what makes a relationship healthy, respectful, and kind. You can use the word bank to help you describe your thoughts.

Word bank: Trustworthy · Respectful · Kindness · Communication · Honesty · Empathy · Supportive · Active listening · Boundaries · Loyalty

1. The Qualities of a Good Friend: List three important qualities a good friend should have and explain why each one helps a friendship grow. (3 marks)

2. Active Listening: Describe what it means to be an 'active listener' when a friend is sharing their feelings with you. (2 marks)

3. Setting Boundaries: Why is it important to say 'no' or set boundaries in a friendship? How can you do this kindly? (2 marks)

4. Resolving Disagreements: If you and a friend have a disagreement, what steps can you take to resolve it in a calm and respectful way? (3 marks)

5. My Personal Pledge: Write one thing you will do this week to be a supportive and positive friend to someone in your class. (2 marks)

Extension challenge: Write a short 'friendship recipe' listing the ingredients (qualities) needed to make a long-lasting, healthy friendship. Compare your recipe with a partner's to see which ingredients you both chose.