

The Pillars of Partnership: A Friendship Analysis

Learning objective: To understand the qualities of healthy, positive friendships and how to navigate social challenges with empathy and resilience.

Below is a list of scenarios involving our BookFlik friends. For each situation, identify the 'Friendship Pillar'—the positive behaviour being demonstrated—from the word bank. Then, write a justification explaining why that behaviour strengthens the friendship. Use your reasoning skills to consider how the outcome might change if the opposite behaviour were chosen.

Word bank: Active Listening · Mutual Respect · Conflict Resolution · Empathy · Reliability · Constructive Honesty

1. Max is frustrated because he cannot solve a complex maths puzzle. Kit sits beside him, puts his own work away, and waits until Max is ready to explain his struggle. Which pillar is Kit demonstrating, and why is this essential for building trust? (2 marks)

2. Leo writes a poem, but it is not quite finished. Zara tells him, 'I love the rhythm of the third stanza, but perhaps you could add more descriptive adjectives to the final line?' Compare this to someone simply saying 'It's okay.' Why is Zara's approach more beneficial for a friend's growth? (2 marks)

3. Pip and Ellie have a disagreement about which book to read for their club. Instead of stopping the club, they agree to read one chapter of each. Justify why this compromise is a sign of a mature and healthy friendship. (2 marks)

4. Nova is feeling sad because she missed a rare astronomical event. Finn stays by her side, acknowledging her feelings without trying to force her to be happy immediately. Explain why validating a friend's emotions is a key part of empathy. (2 marks)

5. If a friend consistently lets you down, why might the 'Reliability' pillar be damaged? What steps could you take to address this calmly? (2 marks)

6. What might happen to a friendship if 'Mutual Respect' is absent? Describe the potential long-term effect on the wellbeing of both individuals. (2 marks)

Draw: Draw a 'Friendship Tree'. On the roots, label the qualities that ground a friendship (e.g., Trust, Honesty). On the branches, draw symbols representing shared activities or memories you have created with your own friends.



Extension challenge: Write a short 'Friendship Charter' consisting of five promises you would make to a new student joining your class to ensure they feel welcome, included, and respected. Justify why your chosen promises are the most important for creating an inclusive environment.