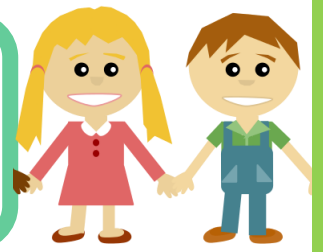


Understanding Friendships



What is a friend?

A friend is more than just someone we know, go to school with or see on social media. A friend is someone you have a relationship with, called a 'friendship'. In a friendship, people like each other and enjoy spending time together. We can have one friend or more than one friend. This is okay.

These are some things that friends do together. This can differ depending on your age:

- Playing
- Sharing
- Working with each other
- Making each other laugh
- Helping each other notice our strengths
- Listening to each other
- Supporting each other



What makes a good friend?

1. **Good friends make you feel good:** they say and do things that make you feel good (e.g., by giving you praise and making you laugh and smile).
2. **Good friends support each other:** they will support and help you if you need them.
3. **Good friends don't always have everything in common:** everyone is different and everyone has different hobbies and interests! Even if you're not into the same things, a good friend will encourage you rather than making you feel bad for liking different things. A good friend understands that sometimes you do your own thing, and enjoys doing the things you have in common together.
4. **Good friends listen:** they give you a chance to talk and are interested in what you have to say.
5. **Good friends are trustworthy:** if you tell them something in private, they won't share it.
6. **Good friends share jokes with each other:** having 'banter' and sharing a sense of humour with your friends can be fun. If someone gets upset, hurt or offended by these jokes, a good friend will stop and say sorry.
7. **Good friends don't do anything to make you feel uncomfortable**
8. **Having a group of friends:** it can be helpful to have more than one friend. This means there is more than one person to do these things with.

How can I be a good friend?



There are lots of different ways that you can be a good friend to other people including:

1. **Be a good listener:** show your friends that you are listening to them by asking them questions about what they are talking about and looking interested whilst they are talking.
2. **Give compliments:** notice things your friends do well and comment on them.
3. **Make time for your friends:** you won't always have the same interests and hobbies as your friends, and this may mean that you're busy at different times. Find time to spend with your friends, it will mean a lot to them!
4. **Talk about each others feelings:** Be there for your friends and support them. This may mean telling an adult if you are worried about them.
5. **Understand that friendships can change:** Your friendships may change. Your friends may also make other friends. This is okay, This can also give you the chance to make new friends but it doesn't always mean that you have to stop being friends with your old friends.

How can I manage fall outs?



Sometimes you and your friend might disagree on something. Sometimes you might have said or done something that upsets your friend. Sometimes our friends upset us. These things happen, but it is important to know how to deal with this. Here are some steps for dealing with these experiences. It may be helpful to involve an adult to help you with this.

1. **Stop** what you are doing. Before you talk to your friend, make sure you are calm and ready to sort out the problem.
2. **Think** about what has upset you and what you are going to say. Think about the argument from your friend's point of view. Think about the part you played in the argument.
3. **Express your views.** When you start talking to your friend be honest about how you feel and listen to their side of the story.
4. **Find a solution.** Problem solve together. Discuss as many solutions as possible before deciding what route you would like to take. This can include saying sorry if you are in the wrong.

What is bullying and what can I do about it?

A bully is a person who does things that upsets someone over and over again. This can be by different ways including:

- Making them feel uncomfortable.
- Hurting them by kicking, hitting, pushing, tripping, etc.
- Making fun of you and making jokes, even when you ask them to stop.
- Name-calling.
- Spreading nasty rumours.

If you think you are being bullied, **remember it is not your fault.** You may feel scared, sad or embarrassed, but it's the person or people doing the bullying that need to change, not you.

Get help. Think of an adult who could help you. This could be your parent, family doctor or an adult at your school. Tell them you think you are being bullied and you need their help to stop it.

No one has the right to hurt you. It is a strong person that asks for help.