The James Hornsby School

Together we excel

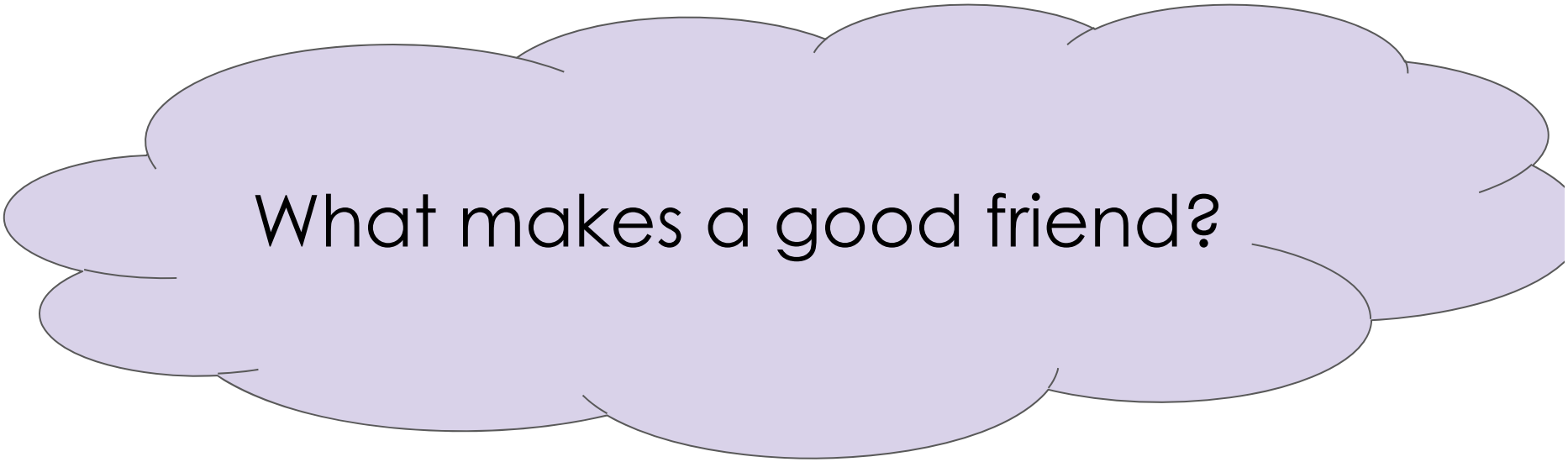
- Everyone has the right to be heard and respected.
- We will use language that won't offend or upset other people.
- We will use the correct terms, and if we don't know them, we'll ask the teacher.
- We will comment on what was said, not the person who said it.
- We won't share our own, or our friends', personal experiences.
- We won't put anyone on the spot, and we have a right to pass.
- We won't judge or make assumptions about anyone.

Positive and healthy friendships

Do now:

1. List 3 new risks you may face in secondary school

1. Give 2 places you can go to receive support IN SCHOOL


What makes a good friend?

- Trustworthy
- Loyal
- Good listener
- Reliable
- Caring and kind
- Respectful
- Challenge you when you are wrong
- Allow you to be yourself

Friendships have a huge impact on your mental health and happiness. Good friends relieve stress, provide comfort and joy, and can stop us from feeling lonely. Developing close friendships can also have a powerful impact on your physical health.

But close friendships don't just happen. Many of us struggle to meet people and develop quality connections. Whatever your age, though, it's never too late to make new friends, reconnect with old ones, and greatly improve your social life, emotional health, and overall well-being.

What are the impacts of having healthy friendships?

- **Improve your mood.** Spending time with happy and positive friends can improve your mood and make the world seem like a happier place.
- **Help you to reach your goals.** Whether you're trying to get fit, improve your maths, or otherwise improve your life, encouragement from a friend can really increase your chances of success.
- **Reduce your stress and depression.** Having an active social life can strengthen your immune system and help reduce isolation *(feeling alone)*, a major contributing factor to depression.
- **Support you through tough times.** Even if it's just having someone to share your problems with, friends can help you cope with serious illness, the loss of a job or loved one, the breakup of a relationship, or any other challenges in life.
- **Boost your self-worth.** Friendship is a two-way street, and the "give" side of the give-and-take contributes to your own sense of self-worth. Being there for your friends makes you feel needed and adds purpose to your life.

Explain why it is important to have good friends in our lives

It is important to have good friends in our lives because….

- Mental health
- Improve mood - comfort, joy
- Inspire you to reach your goals
- Relieve stress, depression etc.
- Provide support
- Boost self-worth

Is it always good to have some of our friends in our lives?

Do our friends always have a positive impact on our lives?

Scenario A: Gary has recently moved house and now can't play with Frank after school. Since Gary moved, Frank has been ignoring Gary and calling him names behind his back. Gary knows that Frank is upset that they can't spend more time together and has tried to talk to him, but Frank has continued to be mean.	**Scenario B:** Betty and Lola have fallen out because Betty didn't invite Lola to her birthday party. Lola had spoken to some of their other friends about how she thought that Betty was being a "cow" for not inviting her. Lola thinks that Betty doesn't like her any more. However, Betty was only allowed to invite two people to her birthday trip, and she decided to invite her two cousins as she thought it would be easier for her mum to organise. Betty really wanted to be Lola's friend.

What would a good friend NOT do?

What qualities would a good friend NOT have?

How would a good friend NOT behave?

What should we do if we think someone is being a bad friend to us

- What is Frank doing wrong? Does he deserve to be Gary's friend?
- How is the situation different between Lola and Betty? Could they still be friends?

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Frank is being a bad friend here and does not deserve to be Gary's friend. Although this may be a difficult thing to do it would be best for Gary to end the friendship but he should still do this in a respectful way. **How should Gary end this friendship?**

What rules should you follow to respectfully end a friendship?

1. Always be….
2. Communicate/talk…
3. Never….
4. Etc.

Support

If you have questions or concerns about your friendships you should go to:

- Your tutor
- Your Head of College or Pastoral Officer
- A trusted member of staff in school
- Childline: www.childline.org.uk 0800 1111
- Help guide on Making Good Friends https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm