

3

Friendships that are happy and life-giving are characterised by: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Healthy friendships are positive and welcoming. They help us become compassionate and able to empathise with others.

1

Questions to consider

- 1) How do friendships make us feel happy and secure?
- 2) Who could you turn to if you didn't feel safe in a friendship?
- 3) What is the difference between a relative, a friend and an acquaintance?
- 4) How would you respond to an adult you do not know who makes you feel uncomfortable or unsafe?
- 5) What are the qualities, characteristics of a true friend?
- 6) Sometimes people behave differently online, even our friends. How can we make sure these friendships are positive and safe?
- 7) How can friendships change?

2 Possible activities

- 1) Create your own 'five finger challenge' or write a recipe for friendship.
- 2) Create a 'WORDLE' showing the characteristics of positive friendships.
- 3) Contrast 'Friendship is... Friendship is not...' and give reasons for your answer.

<i>Friendship is...</i>	<i>Friendship is not...</i>