

Do Now

Maintaining great friendships and avoiding fall-outs

Olivia and Tara have been best friends since primary school. Their other friend, Niamh, recently took Tara to see BTS. She only had one spare ticket and they're Tara's favourite band.

Now Tara can take one friend to see Billie Eilish. She's Olivia's fave, but Niamh took Tara to the BTS gig. Tara is worried this could cause a fall out.

Discuss: What do you think Tara could do to keep both of her friends happy?



Teens usually fall out with their friends far more often than adults do. Why do you think this is?

I think teenagers usually fall out with their friends more often than adults do because...

Maintaining great friendships and avoiding fall-outs



Learning outcomes:

Describe the qualities and behaviours we should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online).

Toxic Friendship Groups: a group of friends you may not like, want to be with or who even like you, but you are scared about what could happen if you try to leave the group.

Genuine friendships: These last for years as they are based on mutual respect and are people who make each other feel good about themselves.

Tara couldn't get any more tickets to see Billie Eilish. She did try. She decided to speak to both of her friends at the same time and was completely honest about the situation.

Tara told them in an ideal world, she would take both friends but wanted to be fair and see if either of them particularly minded the other going. Appreciating her honesty, Niamh was very mature and said Tara should take Olivia, because Billie Eilish is her favourite singer.

Tara thanked Niamh and said she owed her a gig and they would plan to go and see someone they both liked soon.



Look at the highlighted parts of the story. What did both Tara and Niamh do right in this situation? What personal qualities are shown in the yellow parts?



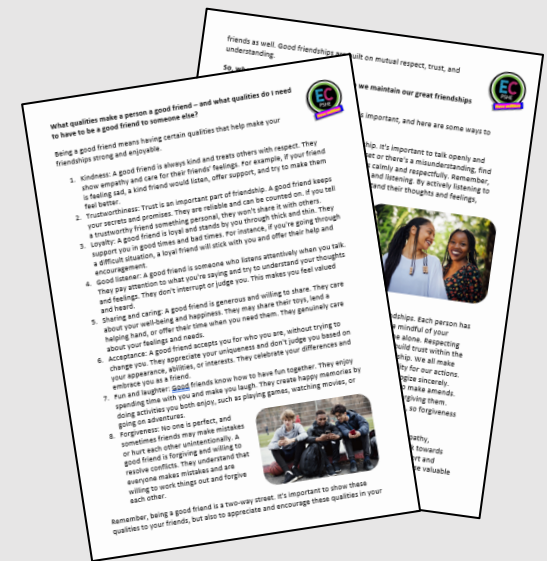
Maintaining great friendships and avoiding fall-outs



We will now find out more about the skills and qualities we all need to maintain great friendships.

THORNDEN THREE READING!

Follow the text being read to you closely



We will now find out more about the importance of maintaining friendships and avoiding fallouts.

THORNDEN THREE = GUIDED READING



What qualities make a person a good friend – and what qualities do I need to have to be a good friend to someone else?

Being a good friend means having certain qualities that help make your friendships strong and enjoyable.

1. **Kindness:** A good friend is always kind and treats others with respect. They show empathy and care for their friends' feelings. For example, if your friend is feeling sad, a kind friend would listen, offer support, and try to make them feel better.
2. **Trustworthiness:** Trust is an important part of friendship. A good friend keeps your secrets and promises. They are reliable and can be counted on. If you tell a trustworthy friend something personal, they won't share it with others.
3. **Loyalty:** A good friend is loyal and stands by you through thick and thin. They support you in good times and bad times. For instance, if you're going through a difficult situation, a loyal friend will stick with you and offer their help and encouragement.
4. **Good listener:** A good friend is someone who listens attentively when you talk. They pay attention to what you're saying and try to understand your thoughts and feelings. They don't interrupt or judge you. This makes you feel valued and heard.
5. **Sharing and caring:** A good friend is generous and willing to share. They care about your well-being and happiness. They may share their toys, lend a helping hand, or offer their time when you need them. They genuinely care about your feelings and needs.
6. **Acceptance:** A good friend accepts you for who you are, without trying to change you. They appreciate your uniqueness and don't judge you based on your appearance, abilities, or interests. They celebrate your differences and embrace you as a friend.
7. **Fun and laughter:** Good friends know how to have fun together. They enjoy spending time with you and make you laugh. They create happy memories by doing activities you both enjoy, such as playing games, watching movies, or going on adventures.
8. **Forgiveness:** No one is perfect, and sometimes friends may make mistakes or hurt each other unintentionally. A good friend is forgiving and willing to resolve conflicts. They understand that everyone makes mistakes and are willing to work things out and forgive each other.

Remember, being a good friend is a two-way street. It's important to show these qualities to your friends, but also to appreciate and encourage these qualities in your friends as well. Good friendships are built on mutual respect, trust, and understanding.

We will now find out more about the importance of maintaining friendships and avoiding fallouts.

THORNDEN THREE = GUIDED READING



So, when we have good friends, how do we maintain our great friendships and avoid fall outs?

Maintaining strong and lasting friendships is important, and here are some ways to avoid falling out with your friends.

Communication is a vital aspect of any friendship. It's important to talk openly and honestly with your friends. If you're feeling upset or there's a misunderstanding, find the right time and place to express your feelings calmly and respectfully. Remember, effective communication involves both speaking and listening. By actively listening to your friends' perspectives, you can better understand their thoughts and feelings, and work towards resolving any issues. Another important aspect is being understanding and empathetic. Everyone has different experiences and emotions, so it's essential to put yourself in your friends' shoes. Try to see things from their perspective and understand where they're coming from. When you can empathize with your friends, it becomes easier to find common ground and prevent conflicts.

Respecting boundaries is crucial for maintaining healthy friendships. Each person has their own personal space and preferences. It's important to be mindful of your friends' boundaries and understand their need for space or time alone. Respecting their boundaries shows that you value their feelings and helps build trust within the friendship. Apologizing and forgiving are vital parts of any friendship. We all make mistakes from time to time, and it's important to take responsibility for our actions. If you realize that you've hurt your friend or made a mistake, apologize sincerely. Show them that you genuinely regret your actions and are willing to make amends. Similarly, if your friend apologizes for their behaviour, be open to forgiving them. Holding grudges and dwelling on past mistakes can strain friendships, so forgiveness is an essential aspect of maintaining strong bonds.

By practicing effective communication, showing understanding and empathy, respecting boundaries, and embracing forgiveness, you can actively work towards avoiding falling out with your friends. Remember, friendships require effort and commitment from both sides, so it's important to nurture and cherish these valuable connections.

One quality a great friend has is...

This is important because...

We can show this by...

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Sometimes, when friends have none or very few of those qualities, we can end up in toxic situations. Watch the following clips and complete the questions on your answer sheet. Your teacher will then go through the answers.

<https://www.youtube.com/watch?v=774HJQ9AdRk>

Genuine friends get easily jealous of your success. True or false?

You can't be jealous AND like your friend's posts about their success on social media. True or false?

List three things which offend toxic friends which wouldn't offend genuine friends.

When are toxic friends most likely to contact you?

How are toxic friends likely to react to your appearance? Why is this?

How do toxic friends make you feel? What might they say to do this?

What is the difference between how toxic and genuine friends express disagreement with you?

Why don't toxic friends like your other friends?

What does it mean if your friend tells you other people's secrets?



Let's go through our answers together:



Genuine friends get easily jealous of your success. True or false?

False

You can't be jealous AND like your friend's posts about their success on social media.

True or false?

False

List three things which offend toxic friends which wouldn't offend genuine friends.

Your achievements, if you cancel on them, spending time alone, saying no to them

When are toxic friends most likely to contact you?

When they need or want something

How are toxic friends likely to react to your appearance? Why is this?

They judge and criticise and are unhelpful

How do toxic friends make you feel? What might they say to do this?

They make you feel worse about yourself – awkward and uncomfortable.

What is the difference between how toxic and genuine friends express disagreement with you?

Genuine friends will disagree without being personal, toxic friends lose their temper

Why don't toxic friends like your other friends?

They don't want to share you, they want to be the centre of your life

What does it mean if your friend tells you other people's secrets?

They aren't a good friend.



How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>