

## What is Friendship?

Friendship is having a good relationship with someone, who we call a **friend**. People in a friendship have respect and affection for each other... A friend is a person that someone likes or knows. People who are friends talk to each other and spend time together.

## What is friendship?

- Spending time together
- Sharing ideas and treats
- Having similar interests like football, music or gaming
- Having fun
- Respecting each other's differences
- Loyalty, sticking up for each other
- Caring for each other's safety and wellbeing
- Both of you making the effort to make the friendship positive for each other.



## How does a friendship start?

**Being a Friend is great!** We all need someone to share in our happy times and be there for us during the sad times. Most of the time this will be with someone who is the same age as you or has similar interests. You may have similar backgrounds or thoughts about what is right or wrong which helps them to understand our problems. Friends are needed for **support** and for **sharing**.

**Everybody needs friends.** You can feel very sad and lonely if you don't have someone to play with and be with – it happens to everybody sometimes. Here are some ideas to help you in making friends and keeping friends.

You are an **individual** person (unique - only one like you) with lots of different sides to your character, so you can have different friends who share your different interests. So you may have different friends with different interests at school, in your street, in sport clubs, at church or in your family. It's good to have a best friend but it's good to have other friends too.



## What some kids have said about their friends:

- Friends are always nice to each other
- Respect your friends and they'll respect you
- I like friends a lot
- Encourage one another to be good
- Nice people are usually good people to be your friends
- Deserting your friends is very unkind
- Sticking up for one another is what good friends do



The important thing to remember is friends help us stay **healthy** and **happy**. If a friendship is making you feel funny in your tummy, upset or unhappy it is important to **tell** your mum or dad, a teacher or another grown-up so they can help make things better.

## Friendship skills

How to be a friend – **Always:**

- **Talk to each other** – This could be about things you enjoy watching or doing: TV, sports, music, shared interests.
- **Share** the conversation – Make sure you give your friend the chance to talk too! Listening is just as important as talking and you should both have equal chances and turns.
- **Listen** to what your friends are saying and ask questions about it.
- **Praise** your friends when they do something well
- **Use your manners** - say **please** and **thank you**. Friends like to be pleasant to each other
- **Be helpful** - do things for your friends without keeping a score on who's done the most favours
- Give back things you have used or borrowed from each other (this is a good idea for brothers and sisters, too)
- **Be aware of others' feelings** - think before you speak. (Sometimes it is a good idea to keep your thoughts to yourself rather than upset people's feelings)
- **Handle arguments**- Try not to get angry, stay calm or take time to calm down before talking things through. We won't always agree on everything. Be clear about how you are feeling and how you would like to move forward but also listen to your friends feelings so you can come to a compromise that is best for you both.
- **Be honest** about your feelings, e.g. "I don't think this is a good idea because..." But don't always try to be the leader - try out other people's ideas
- **Try to understand** people by thinking about things from their point of view



**Things you should try not to do:**

- **Don't brag** about what you've got or done
- **No put downs** – be nice to all - you wouldn't like it if someone did this to you
- **No bad comments** – do not make any comments about religion, colour, country or physical appearance. "If you can't find anything nice to say about someone, say nothing," is a good motto for everybody
- **Don't take over** - let others tell their own jokes and news
- **Don't fight your friends' battles**. You can support your friends by helping them to deal with their problems
- Not sharing their secrets. (If your friend tells you that he or she is '**unsafe**', encourage them to tell a trusted adult.)
- Be a **good listener**



**You can help your friends by:**

- Helping them to **stay safe**
- Be there when they **need** you to be
- **Don't** talk about them without their permission
- Encourage them to look for **help** from **trusted adults**
- Be positive and build them up.
- **Encourage** them to try
- Help them to make good **choices**