



## Title: What makes a good friend

DATE:

### Ready to Learn Reminders

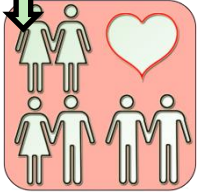
- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.



### *Do Now Activity*

Retrieval Practice Starter





# What makes a good friend?



## LEARNING OUTCOMES

### Knowledge, Skills & Actions

To understand the importance of friendship and the qualities makes a good friend

To understand what is needed to make positive relationships with friends.

To evaluate why some friendships can be more beneficial than others



### **New Vocabulary**

Friendship, Loyalty, Trust, Toxic, Qualities,

Play Song

3 Minutes



## STARTER ACTIVITY

**Listen carefully to this song.**

What does it say a good friend needs to do?  
How might they show they do this?  
Why is it important to have friends?

# PSHE

## Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

Be open and honest but **no personal comments** – Discussions will be about **'general situations'**

**Don't make assumptions** about people's values, attitudes, behaviours, life experiences or feelings

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

## *PSHE CLASSROOM RULES* DEALING WITH SENSITIVE TOPICS

There are **no stupid questions**. A question box for anonymous Questions

It's OK to get things wrong

## **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

Have a **non-judgemental approach**. No put downs and challenge the opinion not the person

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Conversations stay in the room unless it is a **safeguarding issue**



# What makes a good friend?



ASSESSMENT FOR LEARNING

## BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Know how to make new friends										
I understand what I'm looking for in a friend										
I understand the benefits of having friends but also the risks of toxic friendships										



Complete a baseline assessment of where you think you are at for this lesson  
(Discussion or complete sheet)



2 Minutes



I'm not confident at all



I'm getting more confidence



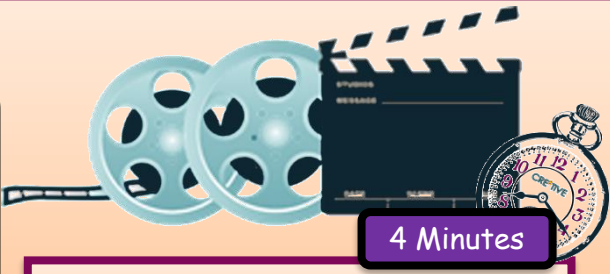
Confident



Very confident



Super confident



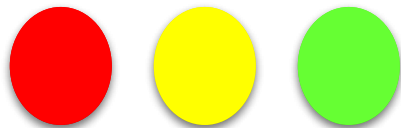
A film about friendship



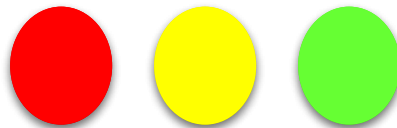


# DOES THIS MAKE SOMEONE A GOOD FRIEND?

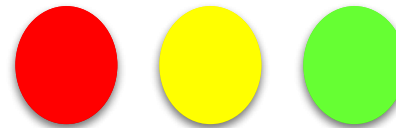
A friend must share your interests



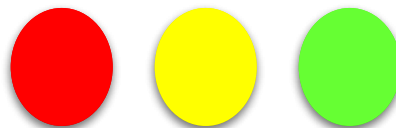
A friend should always stick up for you



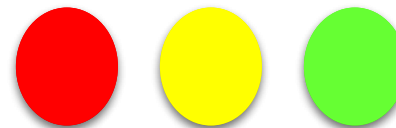
A friend is someone who will forgive you



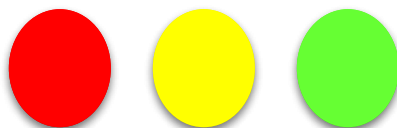
A friend should always cover for you



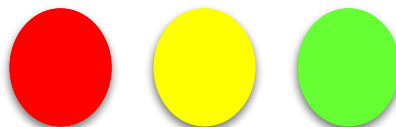
A friend is someone who wont disagree with you



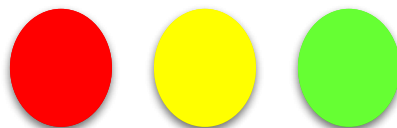
A friend is someone you can trust



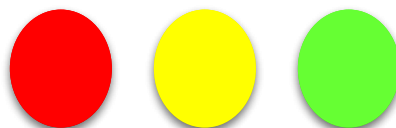
A friend is someone who wont tease you



A friend should have a similar personality to you



A friend must be approved by your parents



## TASK

Discuss each statement and decide if you agree (Green)

Not sure (Amber)

Disagree (Red)



Discussion

# Discussion topics



How do you choose your friends?

Do most friendship groups have things in common?

Can people have friends outside of school?

What makes somebody a close friend or "BFF"?

Do friends change as you get older?

Make up a discussion topic



Design

GOOD  
friends  
ARE LIKE  
STARS  
YOU DON'T ALWAYS  
see them  
BUT YOU KNOW  
THERE ARE  
always there

friendship  
ISN'T A  
Big  
THING  
IT'S A  
Million  
LITTLE THINGS

Task

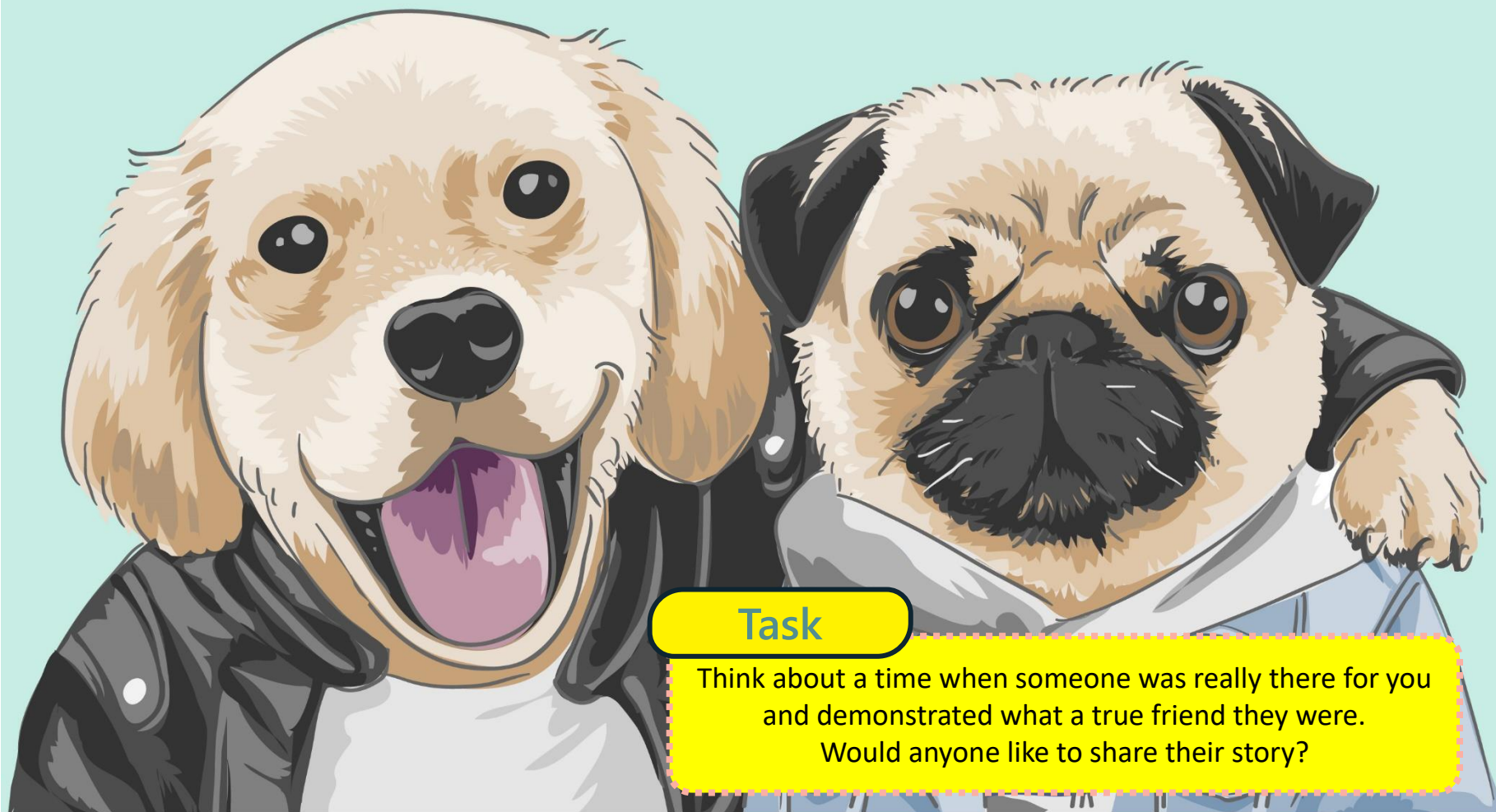
Create your own saying about friendship  
and decorate it





Thoughts

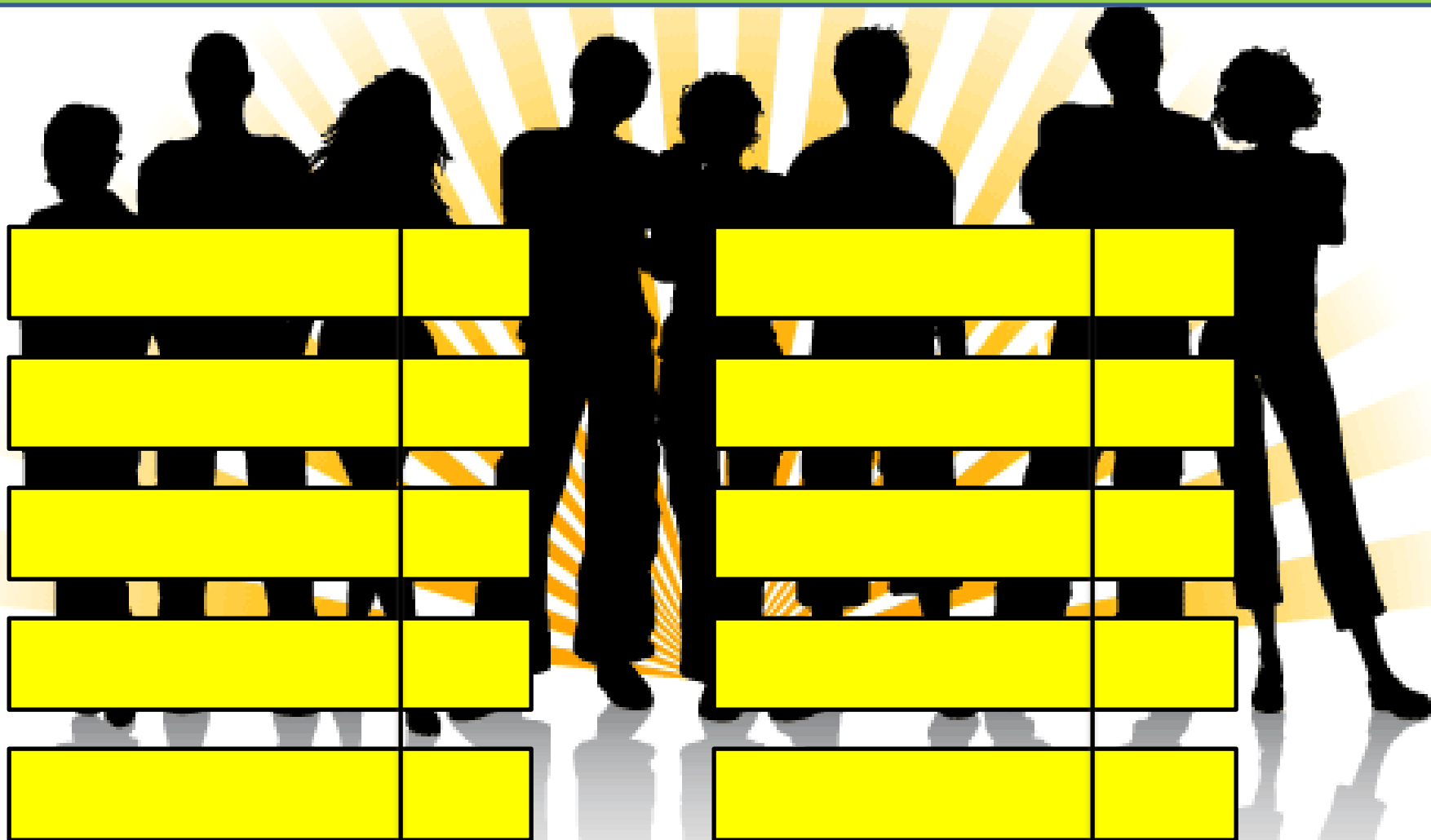
# "MY BEST FRIEND"



## Task

Think about a time when someone was really there for you and demonstrated what a true friend they were.  
Would anyone like to share their story?

# TOP TEN REASONS FOR FRIENDS TO FALL OUT



Create a job advert for someone to be your best friend.

Outline what sort of qualities they need to possess and what you expect out of them.

## STUCK BOX

- Explain what a friend is
- Explain why having friends is important
- Explain specifically what you will expect from a friend
- Describe the qualities a good friend would need (honesty)
- Could have a section on what a good friend should NOT do (lie, steal)



Trust, honesty, tough, rich, affection, similar interests, never cries, can stay out late, understanding, protective to me, sympathy, supportive.

# SUCCESS CRITERIA

## Success Criteria: SUCCESS CRITERIA

- ✓ Identify the qualities of a good friend
- ✓ Explain what a good friend will do
- ✓ Present a range of things a good friend should not do

Colourful, eye catching and attractive



2 Minutes



# SUCCESS CRITERIA





# Discussion topics



What qualities make a good friend?

Why is it important to have friends?

Why are some people unkind to others and even their friends?

Can it be hard to make new friends?

Can some friendships be toxic?

Make up a discussion topic

**You're giving more than you're getting**

**You no longer trust them**

**You dread checking your phone**

**You don't enjoy spending time with them**

**You don't think they have good intentions**

**You can't depend on their advice**

**You're embarrassed by their behaviour toward others**

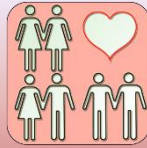
**How will I know if I'm in a toxic friendship?**

**You make excuses for them and you feel used**

**You compete with them**



# LEARNING OUTCOMES



# STOP!






**Let us review our learning outcomes for this lesson**  
**Knowledge, Skills & Actions**

**PAIR & SHARE**

ASSESSMENT FOR LEARNING

## Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10		
		NOT CONFIDENT				CONFIDENT				VERY CONFIDENT		
Know how to make new friends												
I understand what I'm looking for in a friend												
I understand the benefits of having friends but also the risks of toxic friendships												



Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



**3 Minutes**

	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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IMPORTANT INFORMATION

# SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support

IMPORTANT INFORMATION



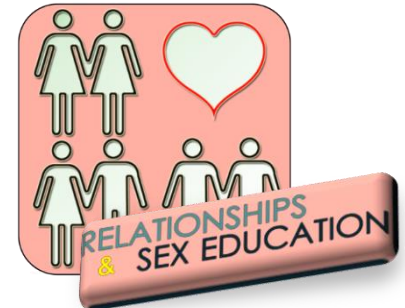
FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

SUBMIT ANNONYMOUS QUESTION TO <https://riseabove.org.uk/wall/>  
VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- 
- 
- 
- 



2 Minutes

SIGNPOSTING SUPPORT

HELP & SUPPORT SERVICES

FURTHER INFORMATION





# REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

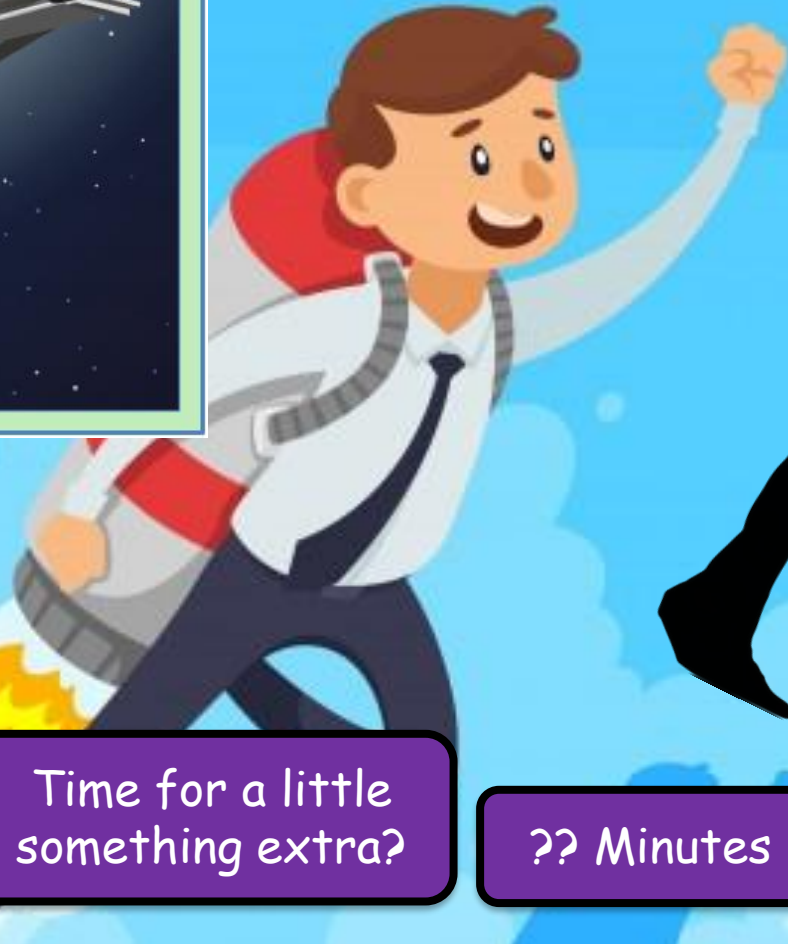
A problem I overcame today was...

2 Minutes



**REFER TO MINDFULNESS**

**➤➤➤ POWERPOINT**



Time for a little something extra?

?? Minutes

