



Title: Friendships and how we manage them

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.



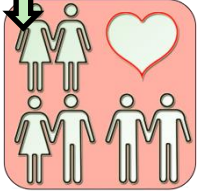
Do Now Activity

Retrieval

Practice

Starter





Friendships and Online Relationships



LEARNING OUTCOMES

Knowledge, Skills & Actions

To understand the different types of friendships that exist

To understand what an unhealthy relationship might look like

To explore what being a true friend to someone really entails



New Vocabulary

SECRETS, LIES, DISCLOSURES,
SELF-DISCLOSURE,
RELATIONSHIPS, PHUBBING,
ONLINE FRIENDS, CYBER
BULLYING



STARTER ACTIVITY

What does it mean to be a good friend?

What support can an online friend give you that an offline friend can't?

EFFECTIVE GROUND RULES

CREATIVE
CURRICULUM

Show respect

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

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

It's OK to get things wrong

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

PSHE

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

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

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

Don't show the fact you are embarrassed through silliness

EFFECTIVE GROUND RULES

CREATIVE
CURRICULUM

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

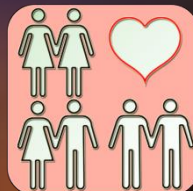
There are **no stupid questions**. A question box for anonymous Questions

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

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



Friendships and online relationships



ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I can recognise if I have unhealthy friendships										
I understand the importance of not disclosing too much information to online friends										
I am a good friend most if not all of the time										

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

PAIR & SHARE

THOUGHTS & FEELINGS

DID?

MIGHT?

COULD?

CAN? / WILL?

IS? DOES?

SECOND

HOW?


WHAT?


WHERE?

WHO?


WHY?

FIRST



Tasks

Using the grid above come up with three questions about the image

2 Minutes

What you should not do in a conversation – Teacher Check PPT Notes

REVEAL

REVEAL

REVEAL

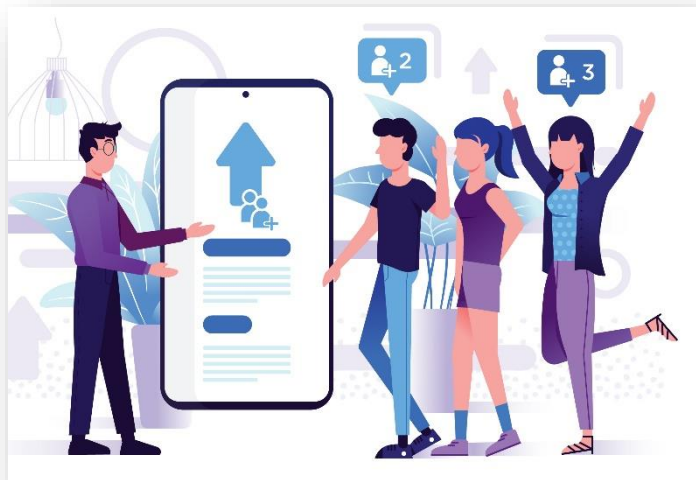
REVEAL

REVEAL

REVEAL



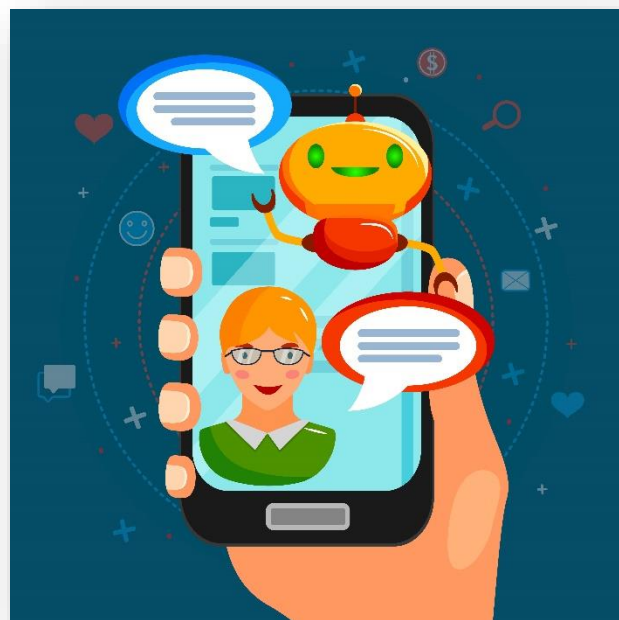
Hot
Seating



How do you manage all your friendships?

Which do you prefer?

- a) Chatting to friends online
- b) Hanging out with your friends in real life?





Why do young people place so much value on online relationships?

Can online relationships really make us happy?

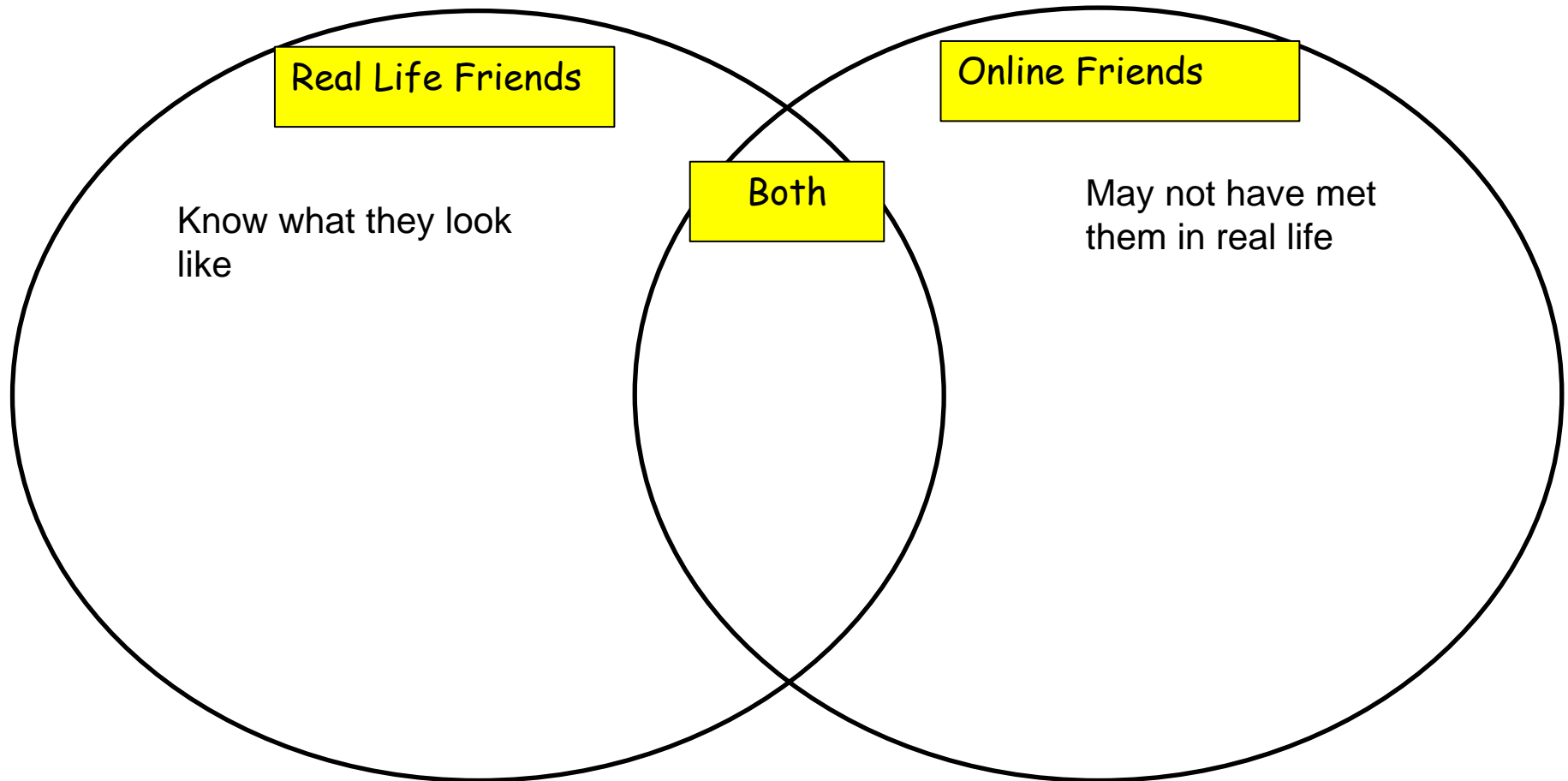
Is everyone online who says they are your friend really your friend?



Keyword:

Online Friends: people you know through social media, acquaintances, or people you have a friendship with online only

Phubbing: phone snubbing', or paying more attention to your phone than to the real people you're with



What words do you associate with them
How well do you know them?
How do you make these kinds of friends?
What do you have in common?

What are the differences between the two?
Is it OK to have more friends online than in real life?



Discussion topics



Why should you never reveal personal information online?

Can you trust someone you only know online?

Is everyone online who they say they are?

How can online conversations be used against someone in real life ?

Why should you not accept every friend request you receive?

Make up a discussion topic

Online Relationships

Demanding access to your online accounts for social media platforms and banks

Someone who makes you feel upset

You are being blamed for the other persons negative or abusive behaviour

You feel uncomfortable about some of the discussion topics in your chats

You feel they are trying to control parts of your life

You are being constantly being checked up on

The person is making you keep the friendship a secret from others

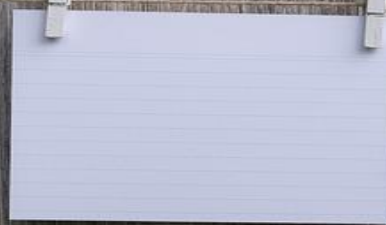
You are being sent or being forced to send sexual images of yourself



**Unhealthy
online
relationship**

Healthy Online Relationships

Peg the three most important features of a positive online relationship. Be prepared to justify your answers



Honesty

Clear boundaries

Sharing secrets

Trust and Respect

Good
Communication

Having a laugh

Did you know?

Online relationships can lead to you taking advice from those with malicious intentions or you could find yourself or a friend being exploited or abused

WHY KEEPING SECRETS CAN BE HARMFUL FOR YOURSELF



**Life Noggin Clip:
Why Keeping a Big Secret Is
Worse Than You Think**

**"Keeping a secret can be
related to psychological
problems"**

1 couple of your friends have started to send texts to another pupil which are making this person upset. They ask you to send one from your mobile phone.

2 You have recently got an Instagram page and have received some requests from people you don't know asking if they can follow you

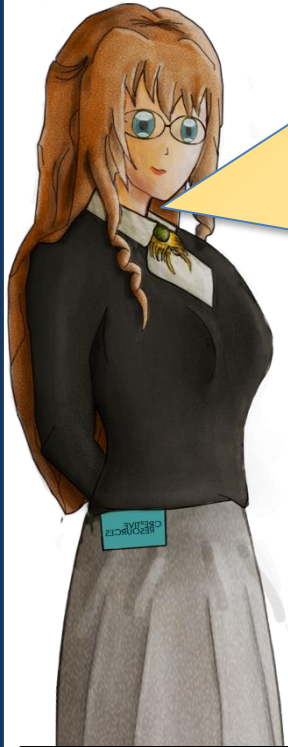
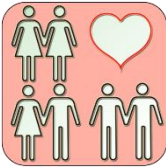
3 Some students at school have downloaded your social media profile picture, made changes and started sending it to other students at school.

4 You look at a friend's social media profile and you can see where they live, when they were born, their mobile number and there is a picture of them in their school uniform

5 Your best friend tells you that he has been talking to a new friend online via a gaming platform. You don't recognise their name and your friend tells you he is going to meet up with this new friend on Sunday.

Task

- 1) Pick a scenario and demonstrate your knowledge of the topic by giving this young person good advice about what they could do.



"You can never really trust someone who you have only met online"

Talking points

I think that ...
 I don't think... is right because...
 My opinion is...
 I would argue the same because...
 I disagree with... because
 Building on what
 An alternate way of looking at this is...
 I sort of agree, however....
 In my view...
 I would challenge what... said because ...

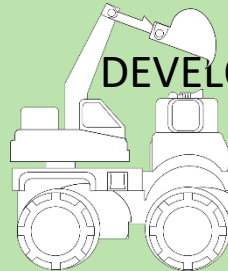
AGREE



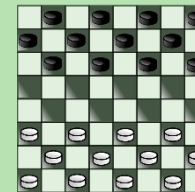
DISAGREE



DEVELOP



CHALLENGE



ALTERNATE IDEA



PARTNER DISCUSSION TASKS

- ☐ What happens when you fall out with a best friend?
- ☐ What is your responsibility when you break friends with someone?
- ☐ Can you be friends with someone you don't trust with a secret?
- ☐ If someone tells you something that you know they are sensitive about, what should you do?
- ☐ What could be the cause of conflict in the pictures below?



Did you know?

The psychological term self-disclosure is when we share information about ourselves with another person.

FRIENDSHIPS

If I disagree with a friend, I say so,
even if it means they might not like me

A shoulder to cry on or a
helping hand when I feel
down

Someone to rely on in a time
of crises

I ask for help from my
friends when I'm
feeling upset

**Friendships –
What are they
really about?**

If my friend is being
annoying to me or
others I quietly let
them know

I let a friend
know when I
feel
disappointed by
something they
do

I am able to be
who I want to be
around my friends

I always try to help my friends If I
can

I encourage my friends to
pay any money back they
owe

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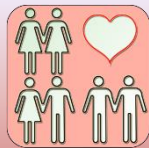
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Extension

***Create an acrostic poem
for FRIENDSHIP***

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
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I can recognise if I have unhealthy friendships										
I understand the importance of not disclosing too much information to online friends										
I am a good friend most if not all of the time										



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

IMPORTANT
INFORMATION

SEEKING SUPPORT

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

IMPORTANT
INFORMATION

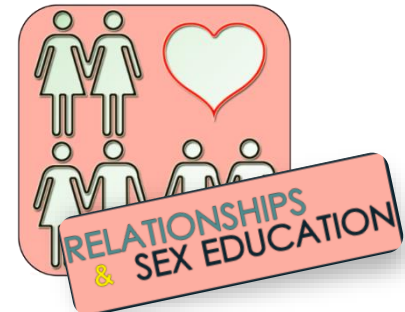
FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

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

Today I have tried to...

Next lesson I would like to..

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

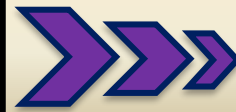
Before I would have said ... but now I will say...

A problem I overcame today was...

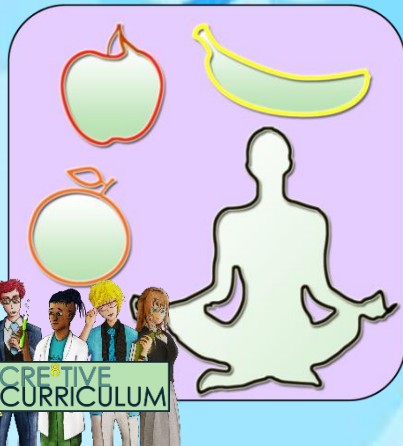
2 Minutes



REFER TO MINDFULNESS



POWERPOINT



Time for a little
something extra?

?? Minutes

