

## What is friendship and how will friendships change over time?

Word	Definition
trust	A feeling that someone can be relied upon
loyalty	Loyalty is when we recognise the importance of the connections that we have with others and then acting in a way that not only protects those connections but also strengthens them
support	To help during a time of trouble or stress
balance	The state of being steady in body or mind
consent	To give permission or approval
pressures	A strong influence or burden on the mind or emotions

**There are many different types of families** (including families with a mum and a dad, with two mums or two dads, with a lone parent, blended families which include step siblings or half siblings, foster families, families with grandparent(s) living with them, with one child, with lots of children.



## Key Knowledge and Concepts

Qualities you value in someone who is important to them might include the fact that they: **do activities with me, listen to me, spend time with me**, make me laugh, help me, like some of the same things as me.

Factors in a good relationship could be: **having things in common; listening to each other; having fun together**; being patient; forgiving each other; helping each other with difficult situations.

Things that can cause problems in a friendship can include: one person being tired or grumpy; **not having enough time for each other; wanting to do different things; arguing over another friendship**; expecting too much of each other.

Some strategies to make new friends are: smiling at the person; **asking their name and telling them yours; asking what they enjoy doing**; asking where they live; inviting them to meet your other friends.

Recognise that differences within friendships are positive.

Understand that everybody's home and family situation is different.

Things that cause difficulties in friendships might be: **their friend said something about them to someone else; they invited someone else to their house and forgot to include their friend**; their friend accidentally kicked them in a game at lunch time.

Things you can do to support people: making breakfast for a younger sibling, **playing with someone at playtime, tidying the classroom, listening to a friend talk about a problem**, doing a job to help at home.

Consequences of worry can be: biting nails, eating sweets, **shouting at other people, not speaking to anyone**, getting headaches, not being able to concentrate.

Outside of school you could get help from: **doctor's surgery**, yellow pages, internet, **library**, social services, local authority, **police**, local council, telephone directory.