

The background of the slide features a series of stylized human silhouettes in shades of orange and red, holding hands in a circular arrangement. The background is a soft, warm gradient of yellow and orange, suggesting a sunrise or sunset. The overall mood is positive and communal.

**Responsibility
with our
Friends and Peers**

Learning Intentions

What are the responsibilities we have to our friends?

What responsibilities do they have with us?

How do we be respectful within those responsibilities?

A photograph of four young adults standing on a grassy hill, hugging each other from behind. They are silhouetted against a bright sunset sky with the sun low on the horizon, creating a warm, golden glow. The scene is peaceful and evokes a sense of friendship and support.

Purpose of Friendship

Why do we need friends in our life?

- ▶ Good friends can be good for your health. They can help you celebrate good times and be there to support you during the bad times.
- ▶ Having friends can give you a sense of belonging and can improve your self-confidence and self-worth. Friends can boost your happiness and reduce stress.



What do we expect from our friends?

- ▶ Activity 1: Brainstorm at least 10 expectations you might have in a friendship. Example - kindness or support

Expectations with our friends

Some expectations you might have with your friends are;

- ▶ Your friend treats you with respect.
 - ▶ Your friend tries not to hurt your feelings.
 - ▶ You friends make you laugh or lift your spirits.
 - ▶ You appreciate friends who value you
 - ▶ You can be honest with your friend and not feel judged
 - ▶ You feel accepted by your friend
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- ▶ **What might happen if our friends don't do these expectations?**
 - ▶ **How might that make you feel?**

A top-down view of several hands of different skin tones arranged in a circle on a dark wooden surface. Each hand is holding a small, light-colored card with a handwritten word. The words include 'respect', 'secrets', 'talk', 'joy', 'play', 'support', 'laugh', 'safe', 'bff', 'fun', and 'trust'. The overall scene is dimly lit, with the text overlaid in a bright green color.

The relationships we have in our lives
impact upon us in so many ways.

It's essential that we try to have healthy, respectful relationships with others. It's a huge part of our lives and can affect our wellbeing and mental health

To have a healthy, respectful friendship we need to know what respectful behaviours look like.

Here are some examples of how we can show respect to others



Be a good listener and understand their wants, needs and point of view



Talk about your needs and wants in a direct yet calm and respectful way



When they request something, respond in a timely manner



Acknowledge what they do well and let them know they're appreciated



When they share intimate details about their lives, keep it private



When making comparisons, call attention to their strengths not their weaknesses



When using humour, be sensitive to their feelings and avoid embarrassing them



Speak directly with them about your concerns and don't talk behind their back



Allow them space if they need it

What to do if you are in a disrespectful friendship

- ▶ Get your head around the situation
 - ▶ Identify what it is that is making you feel this way and what you would like to do next. Write down some thoughts to help make it clearer. What don't you like about how your friend treats you? How does it make you feel?
- ▶ Talk it out
 - ▶ Try talking to your friend. They may not realise they are making you feel this way. If you are worried, talk to a trusted adult and get their perspective
- ▶ Focus on your behaviour
 - ▶ Think about what is in and out of your control. Instead of focusing on your friends behaviour, look at how you can respond instead.
- ▶ Set some boundaries
 - ▶ Take a break from your friend or reduce contact with them

"Respect comes in many forms – it shows that you accept and value the other person and that they accept and value you."

- ▶ On a piece of paper, write your top 5 rules for a respectful and responsible friendship.
- ▶ Stick these 5 rules into a book you might look at each day, e.g. your diary.