

Topic	What makes a good friend	Key stage Age range	KS2 Year 4
<p>Introduction This lesson builds on learning about what makes a good friend. Children will review this learning and develop it by looking at online relationships and how friendships change and develop across lifetimes. The group will also explore solutions to managing conflict in a friendship.</p>			
<p>Learning aim and outcomes</p>		<p>Key messages to convey to children</p>	
<p>Aim</p> <p>To be able to form and maintain healthy friendships.</p> <p>Learning outcomes</p> <p>By the end of the lesson children will be able to:</p> <ul style="list-style-type: none"> • Identify the qualities of a good friend (on/ offline) • Describe the effects of loneliness and how to support ourselves and others • Understand that friendships change across our lifetime • Identify how to manage conflict in friendships positively • Describe how to get support 		<p>Ensure that the lesson begins with creating a safe space, including ground rules for how the lesson will be managed. Brook advises discussing confidentiality and safeguarding when creating your safe space.</p> <p>Always ensure time for clear signposting at the end of every lesson, this could be within your educational setting or to local services in Cornwall, as well as reputable organisations online.</p> <ol style="list-style-type: none"> 1. Good friends should be honest, caring, and trustworthy and want to spend time with us. They should make us feel safe, happy and supported. Mostly, we meet our friends at school, through family or clubs and we can talk to these people online or over games. 	
<p>General questions</p> <ol style="list-style-type: none"> 1. What makes a good friend? 2. Where do we meet friends? 3. What are the similarities and difference between speaking on/offline with friends? 4. Do you ever really know people you only meet online? Why? 5. How can you be safe when talking to or meeting online friends? 6. Will we always have the same friends as we do now? 7. How do children/adults make new friends? 8. Does what we want in a friend change across our lifetime? 9. Do some things we want from a friend stay the same? 10. What does loneliness mean? 		<ol style="list-style-type: none"> 2. If we talk to friends online they should be friends we also know in the real world. Otherwise without having met them, we can never really be sure that they are who they say they are. This is true even if they send photos or share person information. Because of this, it is important to be careful online and never share any of our own personal information (e.g. phone numbers or passwords).The quality of being a good friend still applies in the online world, we should be respectful and kind, just as we would be face to face. <i>(facilitator may choose to remind children that for many social</i> 	

<p>11. Why do people feel lonely? 12. How can you help someone who is lonely? 13. What other feelings do you get when you're lonely? 14. What can you do to solve a conflict with a friend? 15. When might you need to involve another friend or an adult?</p>	<p><i>media sites the age to join is 13 years old, in order to keep everyone safe.</i></p> <p>3. Everyone has different needs and expectations of their friends. It is normal to have different friends for different situations. For example, you might have a friend that you swim with but doesn't think the same things are funny and another friend who you can laugh lots with but doesn't like swimming!</p> <p>4. Friendships also change across your lifetime, you might lose touch with some friends if you move to a new house, school or job. You might just decide you don't have anything in common anymore or sometimes (rarely) you might have an argument that you can't fix.</p> <p>5. When we lose a friend, it can be sad but it is also a good opportunity to make new friends who live closer or we have more in common with.</p> <p>6. Over our lifetime, we all have lots of different friends and what friends we have will change depending on how old we are and what we are experiencing in our life. Some friends might stay in your life for a few weeks and some might stay forever if they make you happy. However, whatever our age it should be a healthy friendship which makes us feel happy and safe.</p> <p>7. Loneliness is a normal feeling that everyone gets, sometimes even when we have lots of people around us. It is a feeling that we get when we cannot connect to other people like we want to- this might make us feel sad or disappointed.</p>
<p>How this lesson can be delivered</p> <ul style="list-style-type: none"> • Discuss what makes a good friend. • Ask the children to draw and label their ideal friend. • Mind map – healthy friendship qualities. • Sort behaviour cards – healthy friendships vs. unhealthy friendships. • Use story books/ Where's Wally to explore loneliness. • Use BBC video clips to explore what is a good friend and friendship management. • Children can mind map different ways of making or losing friends and discuss why this happens. • Create a friendship timeline that tracks friendships changes across the lifetime. • Use written or acted scenarios to review conflict management with the children. 	
<p>Where to find up to date information</p> <p>Information on friendships https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendships/</p> <p>Information on feeling lonely https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/loneliness-isolation/</p>	

8. Children might feel lonely in school if they are new, feel different or are struggling to make friends. They might also feel lonely if they are left out of discussions or games.
9. It is important that we help each other to feel included by talking to people who are on their own or including people in our games. Remember that sometimes people like to be on their own and this does not mean they are lonely (feeling sad about it) but it is important to check and respect their answer!
10. Disagreements are a normal part of every relationship, but it is important to talk about these things and for us to help fix the problem to keep our friendships healthy and happy. Being mean, violent or aggressive towards someone when you disagree is never the right option. Everyone should feel respected and safe.
11. We might have to do different things at different times to help us fix our disagreements – sometimes we might have to say sorry, sometimes we might need to give our friend some time away if they are angry, sometimes we might help to fix a situation.
12. Remember you can always talk to an adult you trust if you are feeling unhappy, lonely or are having a disagreement with friends you can't fix. If a friendship, online or offline, is making you feel uncomfortable or unsafe please speak to someone. No one should pressure you or make you feel scared.

Ways to differentiate this resource

Consolidation:

- Some children will find it harder than others to make friends – reinforce that we are all different, and we may not all be friends with everyone all the time. The important thing is that we are always respectful and considerate of other people and their feelings.

Extension:

- Children could consider different ways that two friends could solve a disagreement.

Links to government statutory guidance & PSHE Association guidance (The wording below is directly quoted from PSHE Association and Government guidance)

- **the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties**
- **that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded**
- **that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right**
- **how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed**
- R11. What constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships
- R12. To recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face
- R13. The importance of seeking support if feeling lonely or excluded
- R14. That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them
- R16. How friendships can change over time, about making new friends and the benefits of having different types of friends
- R17. That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely
- R18. To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

Things to consider and linking to a whole school approach

- Implement the key concepts within a trauma informed approach across the whole school. Namely working to ensure your school is a safe place for children and young people. This includes creating a safe learning environment for PSHE lessons, increasing empathy and emotional regulation prior to behaviour regulation and boundary setting, open communication, transparency and trustworthiness in teachers and adults within school.
- Lessons on friendship and loneliness build upon each other through the curriculum but this learning should be supported outside of the classroom through behaviour management systems and teacher praise.
- This lesson should sit in a wider PSHE curriculum to reinforce learning, including topics such as respecting difference, bullying and online safety.
- The structure of your pastoral/ student support services and how children can access help and support (does your educational setting have a school mentor or counsellor the children are aware of?)
- 30th July is International Day of Friendship, how can your school get involved? [More information here](#)

<https://www.un.org/en/events/friendshipday/>

Complimentary and curated resources

Brook

Healthy relationships lesson plan

Friend timeline worksheet

Other resources

Videos – BBC Teach – friendship struggles

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-friendship-struggles/zbpvcqt>