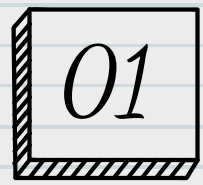


Friendship

By Nandana and Deshna

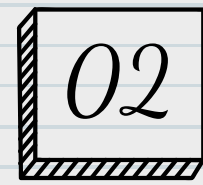


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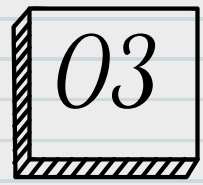
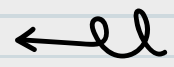
Benefits

How can friendship improve your well-being



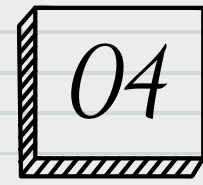
Qualities

Some qualities that healthy friendships should have



Maintaining friendships

Tips on how to maintain and nurture friendships



Issues

Not all friendships are perfect





What is friendship?

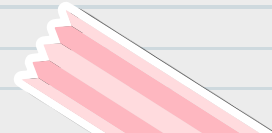
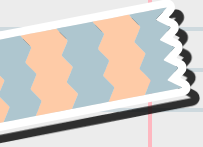
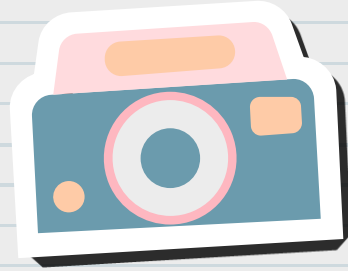


Friendship is a close and meaningful relationship between two or more people characterized by mutual affection, trust, respect, and a sense of shared values, interests, and experiences.



01

Benefits





Emotional

- **Emotional support:** friends can provide a sense of belonging
- **Self - esteem :** friends can boost self worth
- **Increased happiness:** Sharing positive experiences



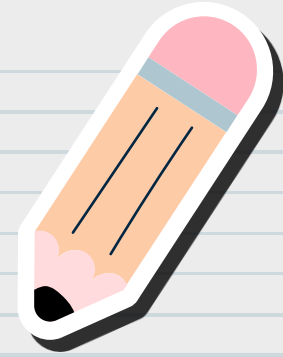
Other

- **Stress reduction :** can provide some time to relax
- **Better habits :** you can be influenced or inspired by others which can improve your daily life
- **Better mood:** alleviate feelings of loneliness, sadness, and isolation, promoting emotional well-being and happiness



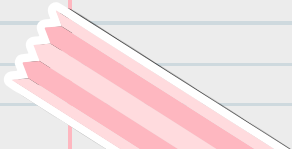


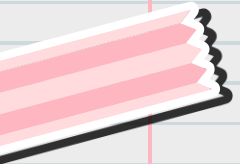
02



Qualities in a friendship

Some qualities we think friendships should have





← What do you think? ↻

Mutual Affection

When you care and have positive feelings towards one another.



Acceptance

Embracing each other's imperfections.

Trust

Friends count on each other, share secrets, and trust their friends in good and tough times.

Loyalty

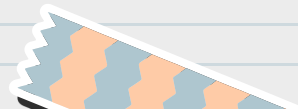
Staying by your friend's side.

Mutual respect

Have respect for each other's values, beliefs, and boundaries. Friends acknowledge and appreciate each other's individuality.

Fun

Sharing laughter and happiness.

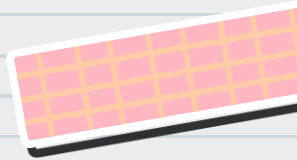




03

Maintaining a friendship

On how to maintain and nurture friendships



Maintaining a friendship



Stay in touch

Tip: Regularly reach out to friends.

Challenge: Busy schedules.

Overcome: Prioritize time for friends and schedule catch-ups.

Listen and be there

Tip: Be a good listener and offer support.

Challenge: Conflicts and balancing needs.

Overcome: Show empathy, set boundaries, and communicate openly.



Shared activities

Tip: Do things together that you both enjoy.

Challenge: Changing interests or distance.

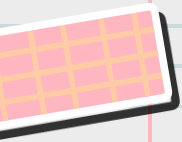
Overcome: Explore new interests or find ways to connect virtually.

Communication

Tip: Be honest and open with your friends.

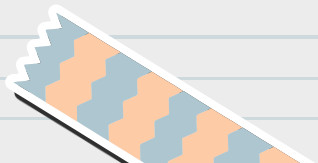
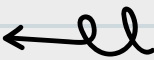
Challenge: Misunderstandings and unresolved issues.

Overcome: Address concerns openly and resolve misunderstandings through communication.



04

Issues



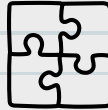
Conflicts / Disagreements



It is what it is.

Acceptance

Recognize that conflicts are a natural part of friendships and should be expected.

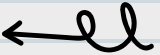


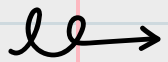
Communication

Express your feelings respectfully and listen actively to your friend's perspective.

Compromise

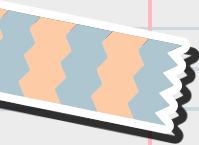
Work together to find middle ground and reach a solution that benefits both parties.





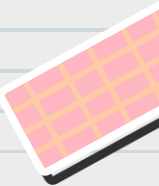
Forgiveness

Forgive your friend, learn from the conflict, and use it as an opportunity for growth in your friendship.



Discussion

Politely express your desire to move on and focus on different aspects of your life, while thanking your friend for the time you've shared.





Support

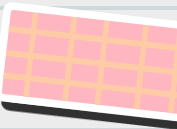
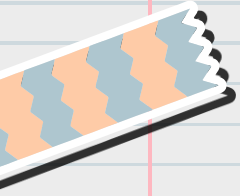


- The Student Welfare team - Mrs Hackett, Mrs Shaw, Dr Duncan, Mrs Mcmanus, Mrs Neale
- The School Nurse
- A wellbeing ambassador
- Any teacher or adult in the school who you feel you can comfortably talk to



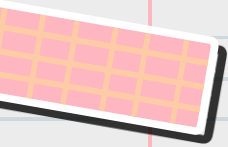
Online

- Childline
- The Samaritans
- Anna Freud
- Young Minds

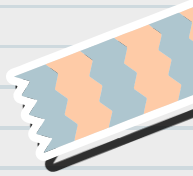




“The only way to have a friend
is to be one.”



— *Ralph Waldo Emerson*





Thank you!

