



FRIENDSHIPS :D

By the Wellbeing Ambassadors!





What will we be talking about?

In this presentation we will talk about friendships and Anti-Bullying week. We know friendships may not always go the right way and bullying is absolutely awful so it is very important for us to promote kindness, empathy and healthy relationships whenever we can!



01

FRIENDSHIP TIPS

Friendship tips for a
healthy and successful
relationship



Before we start...

Friendship is a really hard thing to maintain, and we know it's hard to keep everyone involved happy and collaborative. But in these next few slides we'll be talking about some tips that you can use to maintain a healthy relationship and keep you, and your friends, happy.

We know that every friendship/group is different and not every tip may apply to yours but we will go over some general things which will hopefully help you maintain healthy relationships!

1 - Communication

Communication is a vital part of any relationship and it is very important to be able to communicate with others. If you ever feel like there's a problem, it's better to not just keep it to yourself as that won't resolve anything!

- ★ Be honest and open - it's a key part of having healthy relationships
- ★ Express your thoughts and feelings
- ★ Listen to each other - always try to understand the other person
- ★ Always solve any conflicts verbally and talk it out!
- ★ **YOU SHOULDN'T HAVE TO CHANGE YOURSELF FOR OTHERS!**
Remember, a true friendship is one where you are happy and comfortable with the people around you.

2 - Set boundaries



✦ Setting healthy boundaries and respecting them, will always help you avoid any accidents in future which could make you uncomfortable or unhappy and even create a rift in the friendship. It is also important to not overstep other's boundaries and respect them - nobody likes to be disrespected!

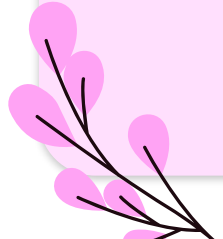

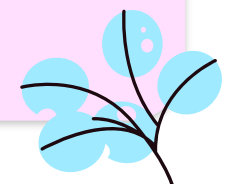
- ★ Discuss what you are/aren't comfortable with
- ★ Respect those boundaries





3 - Quality time

Any relationship can quickly fizzle out without any interactions so to be able to maintain them, it's important to spend quality time together! You could meet up over the weekend, go to the cinema together or even just eat lunch together and chat - no matter how you choose to spend the time it will help you bond and avoid growing apart! Of course sometimes being able to find time to hang out with every friend is hard however even just saying hi and catching up on your way to class could go a long way!

- ★ Find time for each other
 - ★ Focus on making some good memories!
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4 - Support

Is your friend a bit anxious over a test or maybe they are really happy about doing well in PE this week? Whatever it may be, it is important to support your friends no matter what happens! Encourage them to achieve their goals, congratulate them on their achievements or help them through a tough time - it is all important for keeping your relationships healthy and strong. Don't forget to show your appreciation for one another either, any gesture to show gratitude always helps your relationship grow!

- ★ Be supporting to each other.
- ★ Express your gratitude

5 - It's okay to let go

All people grow, your values may change multiple times throughout your life and you may find yourself growing apart from someone. You may no longer share the same interests and that's totally fine! Not all friendships may last forever and while that is a bit sad to think about, sometimes it's better to move on well and be able to look back on those memories with a smile. If you ever feel like this, it is important to talk about it together rather than slowly and painfully drifting apart as that will only lead to negativity and bad experiences.

- ★ End things on a good note
- ★ Don't be afraid of change



So remember to be..



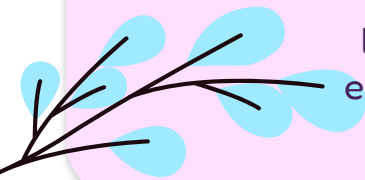
Honest

Honesty will help allow a true friendship to shine through

Respectful

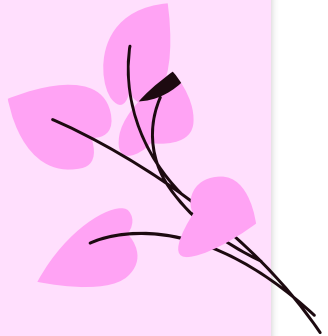
Know what others find offensive and always respect choices and values.

Supportive



We all need support in life, so even a listening ear and a smile is all you need to offer!

Kind



Jokes are amazing, but always to make sure its not rude :)



Anti - Bullying week

Monday 13th - Friday 17th November 2023

Anti-Bullying week

Anti-Bullying week is coming up and while bullying is most certainly never okay, dedicating this week to the issue is very important in helping raise awareness! We must remind ourselves that no matter how insignificant your action may seem to you, bullying has severe long term impacts and so it is important to remain kind & respectful.

No form of bullying is okay whether it is verbal, physical or cyberbullying and we must recognise this.

If you ever witness anything like this, don't remain a bystander and tell a trusted adult even if it doesn't seem to be 'bad'.

★ Bullying

It's often easy to get confused on what bullying really means, so here are a few things to look out for:

Repetitive actions of:

- Going purposefully against the likes and/or values of someone
- Disrespect

Even if it does not seem to be repetitive it's important to confront the person about their behaviour first and if needed, report it! ✨



Forms of bullying

- ★ **Physical bullying:** Hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.
- ★ **Verbal bullying:** Name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target.
- ★ **Cyberbullying:** Any behavior performed through electronic or digital media by individuals or groups that repeatedly communicate hostile or aggressive messages intended to inflict harm or discomfort on others.



Thanks for listening!

Remember you can always talk to wellbeing
ambassadors and trusted adults!

