

What is a friend?

Being too trusting and eagerly wanting to have friends can lead children and young people with additional learning needs to misread other people's behaviour.

Other people can take advantage of them because of this.



The goal

- To build a good understanding of genuine friendship
- To identify good friendship behaviours
- To understand when a friendship is not ok
- To confirm who are your child's five trusted friends



Here are three activities.

You can do any or all of these to suit your child.





ACTIVITY

1

What you will need:

- Sticky **post-it notes**
- **Large sheets of paper**, you can use smaller pieces of paper and sellotape them together



Can you agree:

- What does it mean to **be a good friend** and how it is not OK to bully other people or make them sad?
- It is also **not OK to be mean to people** who used to be friends because you know a lot about them
- **It is not OK to say nasty things** about someone when they are not there
- Are there any other things **you think are not OK?** – for example peer pressure or being made fun of

Get started

1. Draw a human outline: Invite a child to lie on the paper and others can draw around the body with a marker
 2. On each sticky note, you (or your child) write and complete the sentence:
'A friend is
- You should ask your child: What does it mean to be a friend? What are the things we like about a friend?**
3. Then, write the answers on the sticky note and stick them onto the human figure you made earlier
 4. Discuss the suggestions and decide which are the most important



Ask your child to complete the sentence:

- **'I don't like it when people...'**
This allows you to explore your child's understanding of how people can behave negatively and encourages them to share their experiences.
- **'I do like it when people...'**

Outcome: Your child should have a better understanding of friendship and relationships.



ACTIVITY
2

Use these terms to discuss what a good friend is or isn't with your child

My friend:

<p>Makes me laugh</p> 	<p>Is popular</p> 	<p>Likes the same music as I do</p> 	<p>Is kind</p> 
<p>Is someone I met in a game</p> 	<p>Is liked by my friends</p> 	<p>Is someone I met on social media</p> 	<p>Is good at sport</p> 
<p>Asks me to share more videos**</p> 	<p>Says our friendship is a secret****</p> 	<p>Is fun</p> 	<p>Likes the same games as I do</p> 
<p>Sticks up for me</p> 	<p>Is who I think they are</p> 	<p>Is a friend of a friend</p> 	<p>Says they will protect me*</p> 
<p>Is someone I met in a support group</p> 	<p>Likes my videos**</p> 	<p>Asks me for nudes (selfies with no clothes)***</p> 	<p>Keeps in touch to know where I am all the time*****</p> 

For parents:

- * Ask what they need protecting from?
- ** What are these videos? They could be of your child's pet but could also be explicit
- ** This relationship is cause for concern
- *** Why does it need to be secret?
- **** This could be a controlling relationship



ACTIVITY
3

My Hi-5 Friends

Write the names of five friends that you can talk to that will:

1. Help you when you are **worried about something**
2. Help you to **feel safe**
3. Help you to **figure things out**
4. Help you if you are **being bullied online**
5. Help you to **talk to an adult** when you have made a mistake



These can be a big brother or sister, a trusted adult, a friend.

