

What is the missing word?

'The only way to have a
_____ is to *be* one.'

Ralph Waldo Emerson

Clues...



More clues...



More clues...



More Clues....



More clues...



What is the missing word?

'The only way to have a
_____ is to *be* one.'

Ralph Waldo Emerson

What is the missing word?

'The only way to have a
friend is to *be* one.'

Ralph Waldo Emerson

Friendship

What qualities does a friend have?

A friend should be:

- ▶ Honest
 - ▶ A good listener
 - ▶ Trustworthy
 - ▶ Encouraging
 - ▶ Caring
 - ▶ There for you when you need them
 - ▶ Someone who gives you compliments
 - ▶ Someone who asks if you are okay
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How can you ensure you're a good friend to others?

Be yourself

- No one is perfect. Your friends won't expect you to be, so it is best to just be yourself.

Don't expect perfection in your friends

- Like you, your friends will make mistakes now and then. Laugh *with* them about it, but don't put them down.

Friendship is give and take

- Friendship is sharing things like feelings, plans, and dreams. To make and keep a friend, you have to give as well as take. Learn to compromise.
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How can you ensure you're a good friend to others?

Realize you will sometimes disagree with your friend

- Nobody agrees all the time. Disagreements don't have to mean the end of a friendship.

Give your friend space

- Almost everyone likes to be alone sometime. Give your friend space to have other friends, too.

Be choosy about your friends

- Real friends will not ask you to do things that are harmful and against the law.
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Questionnaire

- ▶ Answer the following 5 questions picking one of options.

You hear a member of your class saying insulting things about your best friend. Do you:

- a) Join in with the laughter and say nothing to your friend
 - b) Tell the person to stop being horrible
 - c) Tell your best friend everything the person said, in huge detail even though you know your friend will feel bad hearing these things – you love to have a bit of a gossip?
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Your friend has fallen out with another member of the class. Do you:

- a) Try to encourage them to get along together
 - b) Say nothing – it's none of your business
 - c) Do everything you can to encourage them to argue – you love a good argument!?
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Your best friend is in trouble with a teacher for something you have done. Do you:

- a) Tell everyone that it was your friend who had done wrong – you have no problem telling lies if it avoids you getting into trouble?
 - b) Own up to the teacher and take your punishment
 - c) Let your friend take the blame – that's what friends are for
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Your friend has started attending a new club at school and you are seeing less of each other. Do you:

- a) Encourage your friend with his or her new interest – if he or she is happy, you are happy
- b) Find new people to spend time with – there are plenty more fish in the sea
- c) Make lots of horrible comments about the interest he or she has chosen with the aim that your friend will feel so bad he or she will give it up?

You hear your best friend is going to be beaten up after school. Do you:

- a) Tell your friend in gory detail exactly what is going to happen and let him or her worry non-stop for the rest of the day
- b) Go and see a teacher, so he or she can speak with the people who are making the threats and sort out the problem
- c) Say nothing – you have had a boring day at school and a good fight on the way home might be quite good fun!?

Reflection

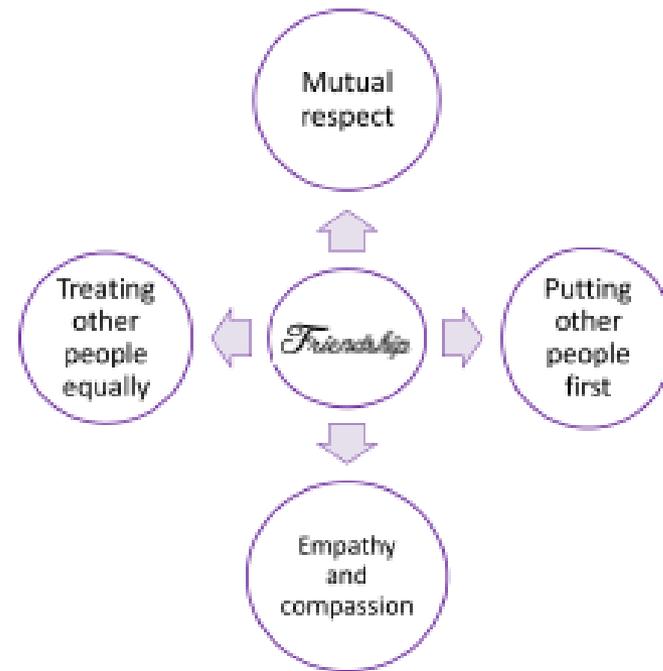
- ▶ Think about how that affects your friendship with the other person?
 - ▶ Is it a good choice or a bad choice?
 - ▶ Have you been a good friend in that situation?
 - ▶ Did you demonstrate the Arden value of Friendship.
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Arden Values

Friendship

Friendship is:

- ♦ **wanting the best for someone and for them to succeed**
- ♦ **being honest and truthful to yourself and others**
- ♦ **being dependable**
- ♦ **sharing common interests and goals**
- ♦ **being understanding and non-judgemental**



Challenge

This week:

- ▶ I challenge you to stop and think about your choices with regards to how you act around your friends.
- ▶ I challenge you to only make positive contributions to your friendships.

Can you show the Arden value of friendship and be a good friend?

