

# Managing Friendship Issues

## Word Search



P	O	N	E	L	V	B	D	O	V	T	S	T	H
S	T	T	C	R	M	E	K	S	S	I	E	E	E
E	O	A	O	O	E	K	L	T	Y	M	L	E	T
I	O	E	I	E	T	I	A	R	H	E	F	T	A
R	S	V	A	T	T	N	T	D	T	A	C	R	R
A	H	I	Y	P	S	D	O	H	A	P	A	S	E
D	A	G	I	M	O	Y	F	E	P	A	R	N	D
N	K	R	E	A	R	L	M	N	M	R	E	P	I
U	E	O	M	O	V	E	O	N	E	T	L	P	S
O	I	F	E	A	H	E	E	G	S	R	A	C	N
B	T	E	T	F	O	S	R	I	I	C	D	I	O
B	O	O	A	F	M	S	L	E	T	S	V	O	C
S	F	E	E	G	E	T	H	E	L	P	E	L	E
F	F	S	E	L	F	R	E	S	P	E	C	T	B

- LISTEN
- SELF-RESPECT
- EMPATHY
- MOVE ON
- BE KIND
- SHAKE IT OFF
- BE CONSIDERATE
- BOUNDARIES
- TALK
- SELF-CARE
- APOLOGISE
- GET HELP
- FORGIVE
- TIME APART

# Friendship



**Friendship is awesome!** Want to know why? Friends teach us about team work, empathy, helping others and support us during happy times and sad times. Having a friend is also fun! With a friend we can laugh, engage in games and activities together and talk about things we have in common.

*Draw yourself and a friend below!*

friends



# POSITIVE FRIENDSHIPS

There are lots of things that make up a positive friendship. Look at the words below - write or draw some examples of ways you can demonstrate these qualities in a friendship.

## Kindness



## Trust



## Respect



## Support



## Fun



# FRIENDSHIP FIRES

Sometimes things can happen in a friendship that make us feel hurt, angry or confused. At Girl Power, we call these 'friendship fires'. Friendship fires are normal but it's important to not let them overwhelm us. To turn down the heat, consider one of the 'fire extinguishers' discussed in our workshop. See below...



Did something you do or say contribute to this issue? Would it help if you said sorry or something nice to the other person?



How bad is the problem? Could you 'shake it off'? Sometimes it's not worth making a fuss and the situation naturally settles down.



Could you compromise? Compromising is about reaching an agreement and helps make things fair.



Try telling your friend how you feel in a kind, respectful and calm manner. Use statements that start with 'I feel...' rather than 'You...!'



It's natural for friends to need some distance at times or perhaps the friendship has run its course. It could be time to make new friends.



Even if you feel people are being unfair or mean, try to treat everyone around you with kindness and respect.



If none of the above strategies work, reach out for help from a trusted adult such as a parent, teacher or counsellor.

