

NSPCC

Changing friendships

Talk Relationships

EVERY CHILDHOOD IS WORTH FIGHTING FOR

PSHE Association
Quality Assured
Resource

PSHE
Association

Changing friendships

What might the other characters be thinking and feeling?

When you start secondary school you have to make new friends because you lose all your old ones.



Yeah, and making new friends is always so difficult!

Changing friendships

Learning objective:

To learn how to manage changing friendships, including the benefits and challenges of making new friends.

Learning outcomes:

- Explain why friendship is important.
- Describe reasons why friendships might develop and change over time.
- Explain some of the benefits of making new friends and having different types of friends.
- Describe some of the challenges of making new friendships while keeping old friendships.

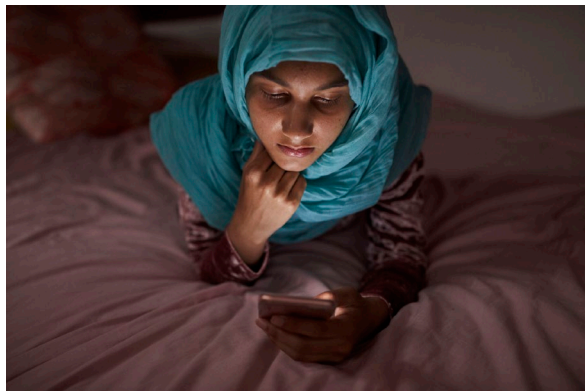
Friendship scenarios

Read through each friendship scenario and in your groups discuss:



What has caused the friendship to change?

How might the friendship change?



Can the people involved stay friends?

What can the people involved do to stay friends (if they want to)?



Benefits and difficulties



Benefits and difficulties

Benefits

Meeting diverse people

Builds confidence

Exciting and fun



Benefits and difficulties

Benefits

Meeting diverse people

Builds confidence

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Difficulties

Less time for old friends

Feeling nervous
meeting new people

Not sure what to say

Benefits and difficulties

What other benefits and difficulties can you think of?

Benefits

Meeting diverse people

Builds confidence

Exciting and fun



Difficulties

Less time for old friends

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Making new friends

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How can people become friends with one another?

Making new friends

How can people become friends with one another?



Playing together in the
playground

Making new friends

How can people become friends with one another?



Playing together in the
playground



Sitting next to
someone new in class

Making new friends

How can people become friends with one another?



Playing together in the playground



Sitting next to someone new in class

Meeting at the park



Making new friends

How can people become friends with one another?



Playing together in the playground



Sitting next to someone new in class

Meeting at the park



Attending places of worship together



Reflection and endpoint assessment



Think of some top tips to help someone when trying to make new friends and maintain old friendships.

Signposting support

If you need support or advice, or have concerns, seek help:



In school

- Class teacher/Form tutor
- Support assistants
- Head of Year



At home

- Parents or carers
- Other family members



Childline

If you need support or advice, or have concerns, seek help:

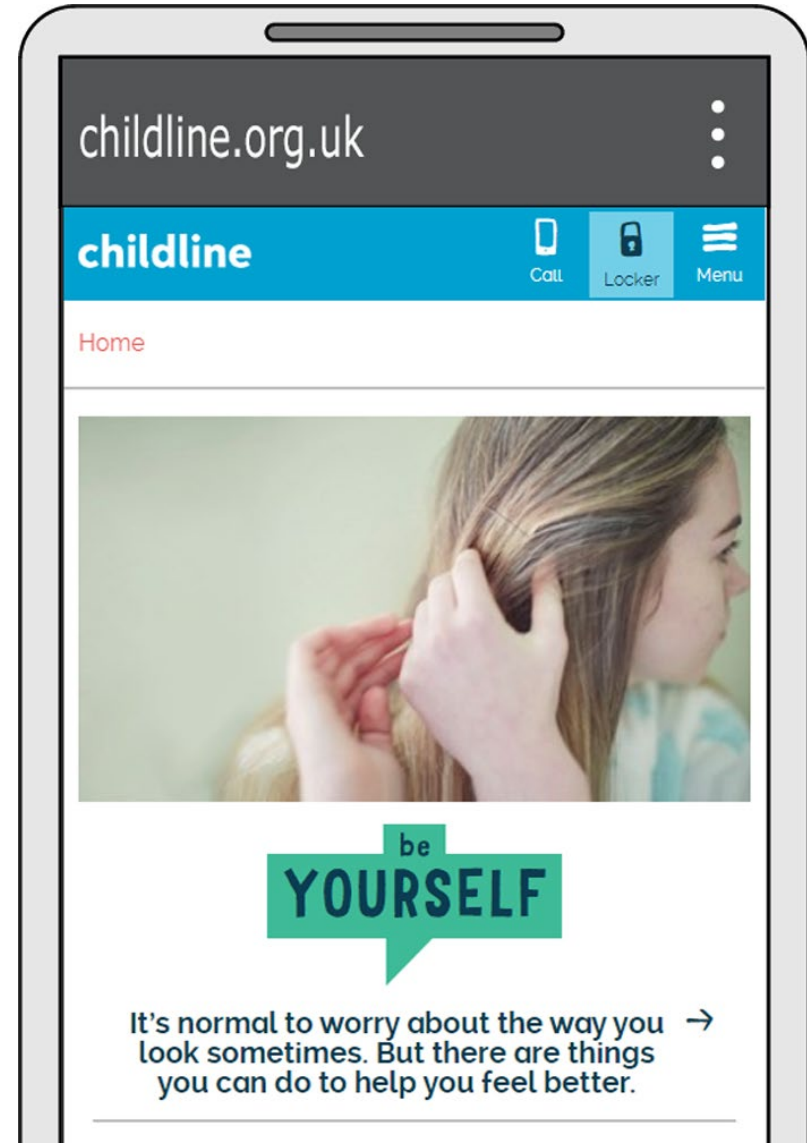


childline.org.uk



0800 1111

Childline is a free 24/7 service for children and young people.



Extension activity



Choose one of the friendship scenarios we looked at earlier in the lesson.

Write a script where the friends have a conversation about how they are feeling and what might happen next for their friendship.

Your script should show:

- Honest, kind, respectful communication between friends.
- A way to resolve the problem and maintain the friendship.

Questions?