

Healthy Friendships

Unit 2: Our Club



Objectives

By the end of the lesson, the students will be able to:

- a) Distinguish between healthy and unhealthy relationships
- b) Be a better friend to those they interact with



Instructions

1. Read the following scenario about a young person facing a typical challenge to the class and ask them to offer advice as if they were talking to a friend.

Joseph and Abraham are both 12 years old, and have been friends for as long as they can remember. Lately, Abraham has been hanging out with a different group of friends that smoke and make fun of other people. Joseph feels very close to Abraham and doesn't want to lose their friendship, but Joseph does not enjoy being around Abraham's new friends. What advice would you give to Joseph?

2. Discuss with the class the idea that some friendships are healthy while others are unhealthy. Some make us stronger, happier and healthier while the others might make us sad, stressed or teach us bad habits.
3. Now ask the students to form groups of five to seven. Give each group a piece of paper and a pen. Explain that you will read several examples of friendships and that they must decide within their group if each example is healthy or unhealthy, and to give their reasons why.
4. Use the examples listed below, or your own, if you have prepared some. If you can write the questions on the board, give the students fifteen minutes to discuss them all. If you are reading them out loud, make sure to pause for at least two minutes between each statement to ensure the students have enough time to discuss properly.
 - Your friend makes you feel good about yourself.
 - Your friend doesn't want you to be friends with anyone else.
 - You spend all of your money when you're with your friend.
 - Your friend pressures you to study for your exams.
 - Your friend pressures you to have a boyfriend/girlfriend.
 - Your friend has never met your parents.
 - Your friend only talks about himself/herself and never asks questions about your life.
 - Your friend does whatever you say.
 - Your friend steals food from a shop and gives it to you.
 - Your friend is always there for you, even during the hard times.
5. If time allows ask the students to make a list of qualities in healthy and unhealthy relationships.
6. Ask the students to stay in their groups. Ask half of the groups to each prepare an Image Theatre image of a healthy friendship. Ask the other half of the groups to each prepare an Image Theatre image of an unhealthy friendship.
7. Guide questions for after the activity.
 - Why is it important to have friends?
 - How do your friends positively influence us? How do friends negatively influence us?
 - What are the most important qualities to look for in a friend?
 - What can you do if you are in an unhealthy relationship?
 - How can you be a good friend to others?