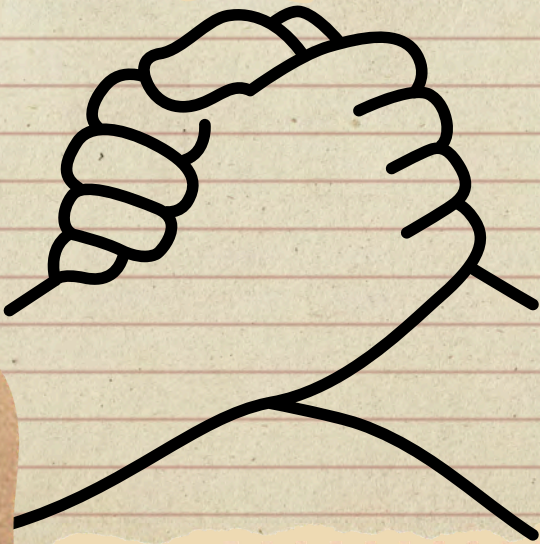
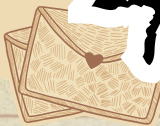




mod lacinia at quis risu...
euismod lacinia at qui...
facies lacus sed turpis...
massa ultricies mi...
aculus. Eget...
vitae et leo duis ut diam
aculis eu non diam phasel-
Cursus sit amet dictum



Healthy Friendships



TOOLKIT



What we did:

We did activities with young people aged 10-18yrs to find out:

- **What young people think 'healthy friendships' are**
- **Why healthy friendships are important**
- **How the young people know their friendships are healthy**
- **What activities help young people better understand healthy friendships**



CONTENT

- **How do young people describe healthy friendships?** Page 4
- **How did we find out young people saw healthy friendships this way?** Page 5
- **Why is Friendship important?** Page 6
- **Life is better with good friends** Page 7
- **Word Search** Page 8
- **Different views on friendship** Page 9
- **Brave Space** Page 10
- **How to know if friendships are healthy?** Page 11
- **Friendship Bracelets** Page 12
- **Mood Boards** Page 13
- **Mood Boards Resource** Page 14
- **Mind Maps** Page 15
- **Summery** Page 16



How do young people describe healthy relationships?

Loyal

TRUSTING EACH OTHER

MAKE MEMORIES WITH

KIND

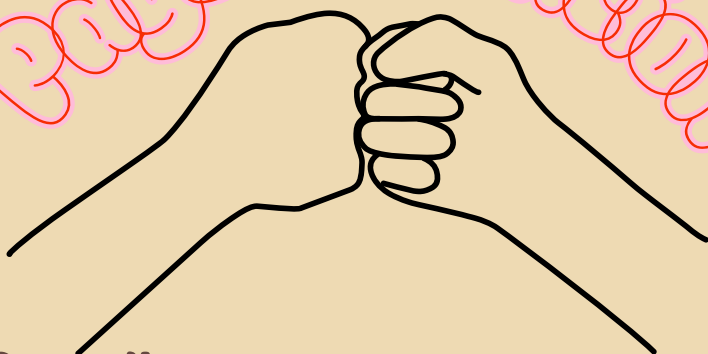
Lovely

Gives you
joy

Caring

PAYS ATTENTION

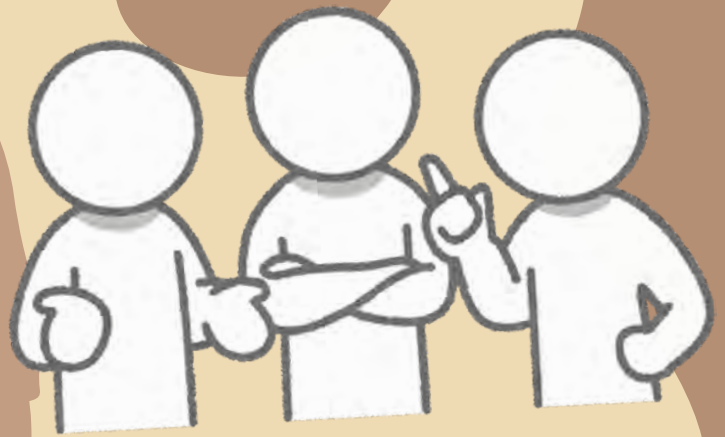
listen to each other



FUNNY

*How did we find out
young people saw healthy
friendships this way?*

**On a slip of paper,
young people wrote
words that came to
mind when they heard
the phrase "healthy
friendship." They then
posted it in a mini 'post
it box'**



**We then discussed as
a group why the
young people viewed
healthy relationships
this way, and how it's
different from an
'unhealthy
relationship'.**

*Why are healthy
friendship important?*

**They're there for you, it
helps your mental health,
also they buy you food**



**Good friends make you
laugh, it makes your
life better**

'Life is better with good friends'



'School days go quicker'



'You get to have a laugh on'



'Friends share their food with you!'

Word Search



Healthy/Unhealthy Friendships

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

Loyal
Caring
Nice

Steals
Pookie
Supportive

Shares
Bully
Funny

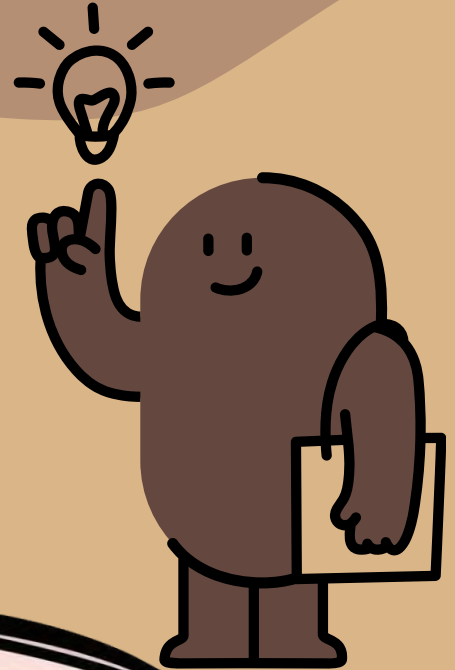
Kind
Bestie
Mean

Young people can circle in **green** what they believe are words that describe healthy relationships, and **red** to circle unhealthy relationships.

This allows staff to see what the young people's understanding of healthy/unhealthy relationships are and can further educate the young people.

Different views on friendship

Young people told us they develop healthy friendships in different ways



Young lads ages 13-17yrs said healthy friendship's are best formed in a 'brave space' which is an envrionment with:

- Good food
- Sport
- Games
- Where you're allowed to be yourself
- Youth Workers
- Other Lads
- Male workers we can relate to



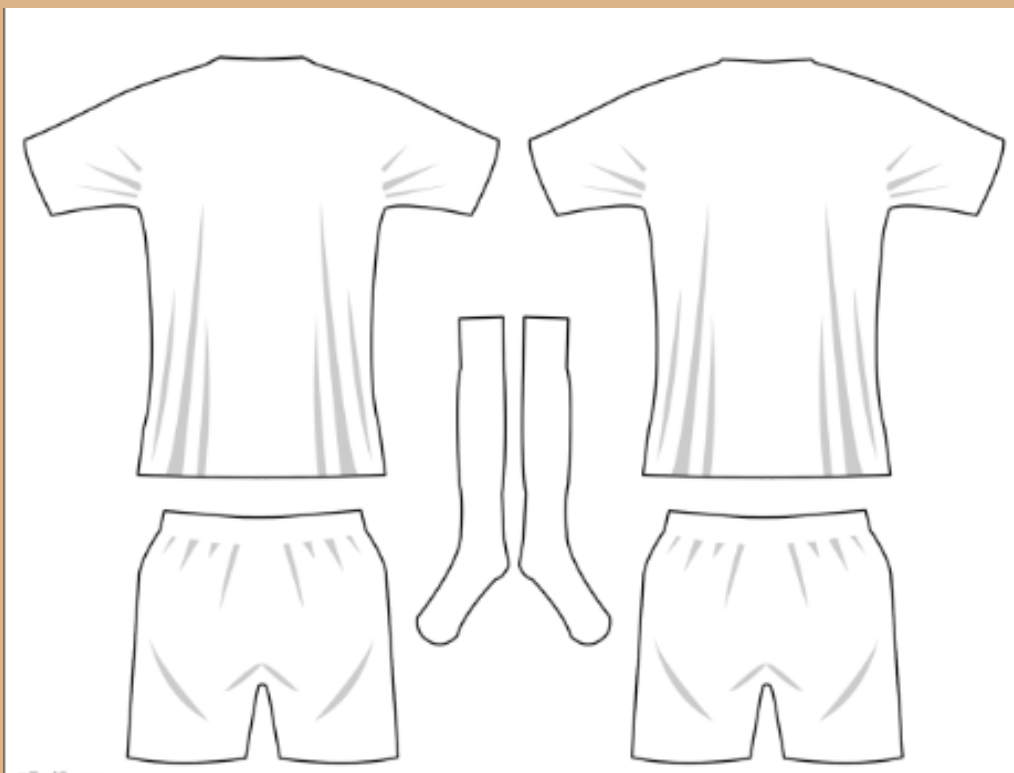
What is Brave Space?

Young lads said they want a 'Brave Space' rather than 'Safe Space'

.. Brave being associated with lads re-learning that saying how they feel isn't weak, but is actually brave

The lads said a brave space would help them step into being responsible and having ownership to be proud of:

We did an activity where the lads were able to design their own football kit, and play a football game wearing it



How do young people know that their friendships are healthy?



'You don't mind when I'm grumpy'

'If I'm mad or I'm angry they'll come and ask me if I'm okay'

listens to me & make new memories

'You give me food.. that's very important'

'They play football with you'

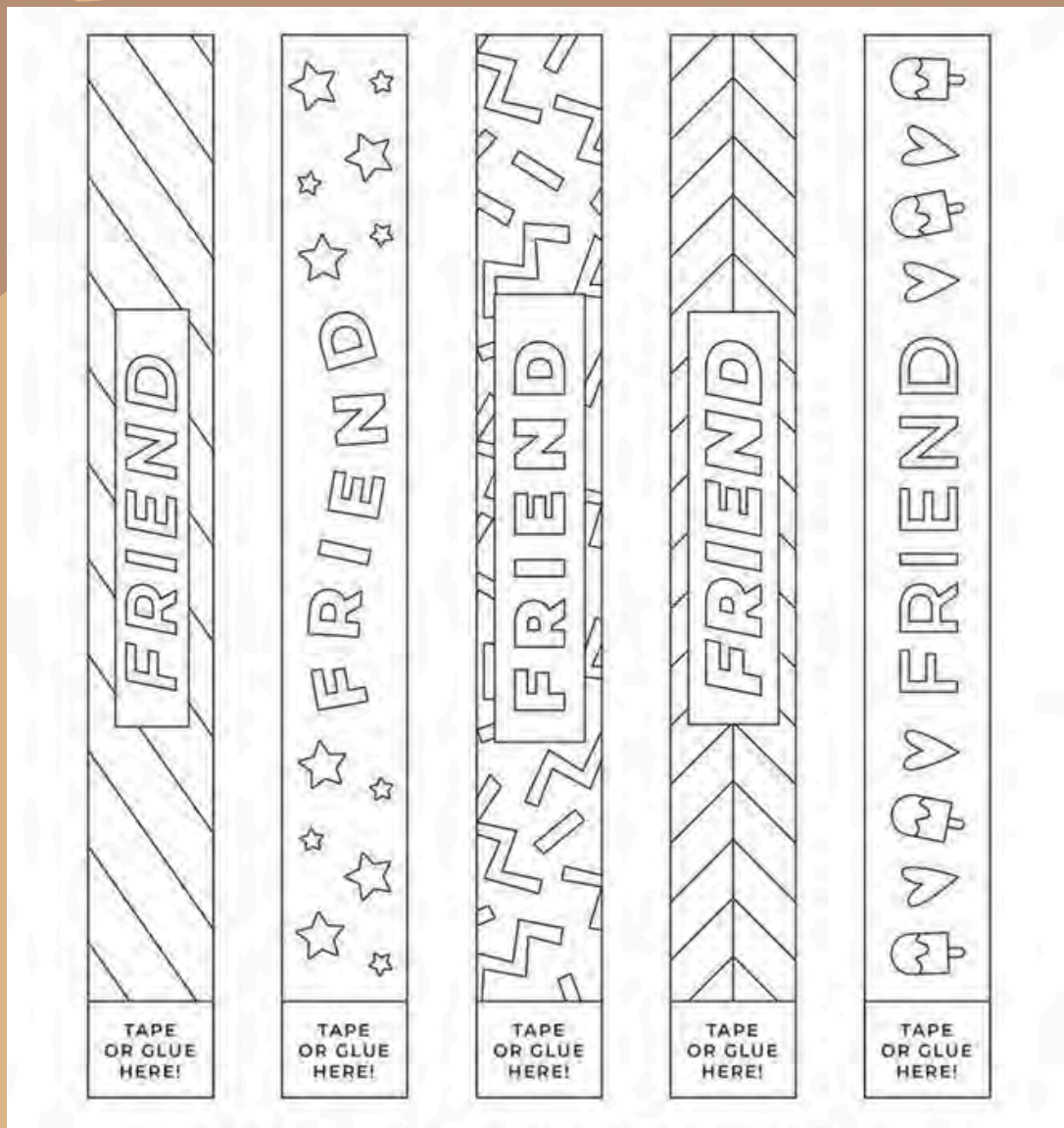
'It's a good friendship because you're loyal, kind and trusting'

'You're nice to me'

'They look after you'

'Bro she's hilarious, we take the mick out each other but only to make each other laugh'

Friendship Bracelets



Young people can create their own friendship bracelets. This is a good activity to start conversations with young people to gain their perspective on what a **healthy relationship** is, and open discussions so young people can better understand what healthy relationships are.



Activities to open conversation, allowing young people to better understand healthy friendships



Mood Boards:

Using 'meme stickers' young people can create a mood board representing how they feel about different topics

Whilst this is a light hearted activity it can develop into meaning conversations

The title on the mood board could be 'Boundries' then young people can use 'meme stickers' to represent their emotions to the word

From there we can talk about why that young person feels this way, and develop a good understanding of boundries and how to affirm them

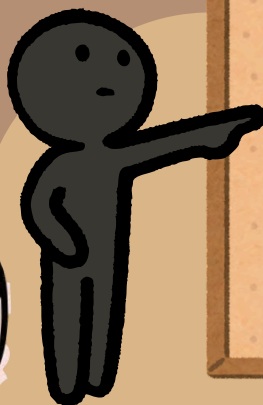
Then at a later point, using the same headline you can create a mood board, and see how the young people's veivs have changed!



Activities to open conversation,
allowing young people to better
understand healthy friendships

Mood Boards:

Also using the 'mood board activity' young people can use stickers to represent how they feel about 'unhealthy friendships'



This allows staff to know how the young people feel currently, and help guide them on how to spot un-healthy friendships

Resource List for Mood Board:

- Board (Canvas, Card, Cork Board)
- Pens
- Meme Stickers (Amazon)
- Gems, stickers



Mind Maps



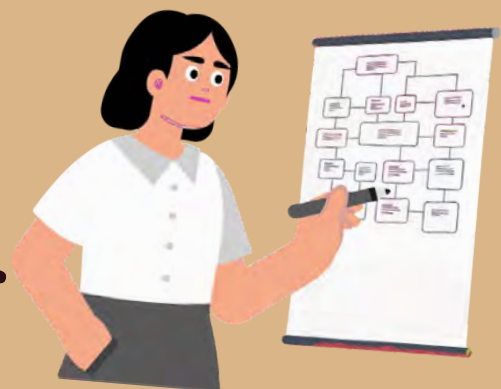
Mind Map questions:

- I feel respected when my friends...

This can open conversations about what people find respectful, how it may differ and how to respect each others boundaries

Resources List:

- Flipchart
- Pens





Summery

Friendship is important to young people



Using different activities to address this topic is important



Young people want and need to talk about these subjects. Using fun and upbeat sessions allows room for young people to learn in a positive environment