

# Somerset Youth and Community Service

## Friendship Dilemmas



**Aims:** To enable young people to assess their friendships

### Learning Outcomes:

By the end of the session the participants will:

- have identified what makes a good friend
- have identified what makes it difficult to be a good friend
- have applied these values to different situations
- have considered whether or not the friendships they currently have are good ones

**Group size:** 6 -10

**Time:** 1 hour

**Venue:** small room

### Materials:

- Printed and cut up dilemma cards
- Flipchart paper and marker pens

Time	What	With
5 mins	Outline the session and set ground rules (being respectful, one voice at a time, supporting each other)	
5 mins	Ask the young people to call out what they think makes a good friendship – note them on the flip chart. These could include: <ul style="list-style-type: none"> <li>• Kindness</li> <li>• Respect</li> <li>• Loyalty</li> <li>• Honesty</li> <li>• Reliability</li> <li>• Having your back</li> <li>• Fairness</li> <li>• Spending time together</li> <li>• Sticking up for each other</li> <li>• Liking each other</li> <li>• Having fun</li> <li>• Being able to share personal things</li> <li>• Keeping secrets</li> </ul>	Flip chart paper and pens
10 mins	Spilt the group into pairs. Deal out the dilemma cards and tell them that they have to decide what they'd do and why, in each situation.	Dilemma cards
25 mins	Bring the group back together. Ask each pair to read out one card and what they would do in that situation. Facilitate a discussion with the whole group about their views on the 'solution'. Then move onto the next pair. Keep going until all cards are discussed or you run out of time.	
10 mins	Ask them to think about their current friendships. Do they meet the standards from the brainstorm? If not, why not? Discuss different types of friends (ones to have fun with, acquaintances, close friend, best friends, friends with benefits etc).  Ask what would happen if, for example, you thought you were someone's best friend but they thought you were just someone to have fun with?  There is no right answer here, the aim is to get the young people to think about their friendships	
5 mins	Tell the group you're available if they want to discuss anything with you.	

# Dilemma Cards

A friend's mum is in a wheel chair and he has to look after her and help her. You have noticed that he is very quiet and sad. He never joins in any activities after school and always rushes home. You're concerned. What will you do?

One of your friends smells of BO a bit after break times. They do not seem to realise this, but other people are now calling them names. What will you do?

One of your friends keeps making nasty comments about another person in your class. Lots of other people are laughing at the things they are saying. You can see the other person is starting to get upset and is too embarrassed to answer back. What do you do?

Another member of your class offers to give you some secret information about a person who is bullying them, which they want you to use against them. What do you do?

A friend asks you to keep an important secret and asks you not to tell anyone. Your best friend asks what's wrong with the other friend. What do you do?

You've just found out that your mate has started smoking. What do you do?

Someone in your class has told you that their mate fancies you . . . You don't like them in the slightest. What do you do?

One of your friends has asked you to ask someone out for them. You don't want to as it will make you look silly. What do you do?

Your friend asked you to cover for them and say that they are with you, when really, they have gone into town with their boyfriend. What do you do?

You want to go to the local youth club, but your parents think you will get into trouble. What do you do?

You are a good student who has always enjoyed school. You have good relationships with teachers. Recently you've felt that your maths teacher has been treating you unfairly during class and been making fun of you. What do you do?

One of your friends has started looking a bit scruffy and you are worried. What do you do?

You and Lee have been mates for ages and always walk to and from school together. Sarah has recently moved in next door to Lee, and Lee and Sarah agree to walk to school together.

You're is upset not to have been asked if it was okay for Sarah to join you and you're feeling left out. What do you do?

You and Alex are good friends. On the way home from school you're are talking about who you fancy on TV. Alex suddenly says 'I fancy you' and kisses you.

Amy is your best friend. Amy and Ali have been going out with each other for a few months. They are invited to a party where it sounds as if people might stay over. There will be older brothers and sisters around but no parents.

Amy is worried that if they agree to stay over they might have to share a bed and Ali might want to have sex. She asks for your advice. What do you say?

You see one of your friend's boyfriends kissing another one of your friends. They see you and beg you not to tell. What do you do?