

Somerset Youth and Community Service

Friendship Groups – Session Plan 1



Aims: To enable young people to explore friendship relationships

Learning Outcomes:

By the end of the session the participants will:

- Explore what it means to be a friend
- What can go wrong with friendships
- How to behave to be a good friend

Group size: 6-8 young people

Time: 1 hour

Venue: Youth club

Materials:

- Post It notes
- Flipchart
- Situation cards

Time	What	Who	With
10 mins	Young people to write down 3 things they would like from a friend	all	Post it notes
10 mins	What else makes a good friend?	all	flipchart
10 mins	What does not make a friend?	all	Post its
15 mins	How do we know if someone is a friend? Give young people a card with different situations and ask them to talk about it with their fellow young person then feed back to the group.	In groups of two	Situation cards
10 mins	How to deal with someone who used to be your friend but is no longer your friend.	all	Flip cart and handout
5 mins	Feedback from session.		Post its
	End session.		



Situation 1

You arrange to meet your friend in town to do some shopping together. When you arrive she/he is not there and you wait a few minutes, you give her/him a call but she/he does not pick up or answer your text. After a while you carry on and do your shopping, after half an hour you see your friend in town with another group of friends, what do you do?

Questions to ask:

- Did you have the right time and date?
- Did your friend just go off with a different group?
- Do you approach your friend or walk in the other direction?
- How do you approach this?

Situation 2

You have been invited to a party but your best friend hasn't, what do you do?

Questions to ask:

- Do you go without your friend and not tell them?
- Do you go to the person who is holding the party and ask if your friend can attend?
- Do you just take you friend along and hope they will be allowed in?
- Do you just not go to the party?

Situation 3

At school your friend has decided not to speak to you and sit next to someone else in class, you do not know why. What do you do?

Questions to ask:

- Do you go and ask them what the matter is?
- Do you leave it and hope they come and talk to you?
- Do you just ignore them and go and talk to another group of friends?

Situation 4

You are in the park with a group of friends, one of them has a pack of cigarettes. Everyone is trying a smoke, do you?

Questions to ask:

- Are you scared that if you don't you could be called a sado and not cool and not be part of the group?
- Have you been told not to smoke by your parents?
- Has your school told you how bad smoking is for you?
- Have you always wanted to try it and see what the fuss is about?

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Notes on Friendship Groups



Identifying issues that need to be discussed.

1. Encourage young people to treat others as they would want to be treated.
2. Allow young people to share an experience that has been quite painful for them but focus on how to move forward.
3. Enable young people to discuss how this can affect peer groups as this has a large impact on a young person's life.
4. Make sure that when you are discussing this it is not trivialised. It is often brushed over by parents and schools, but is really important to the young person and can worry them hugely.
5. Try and encourage the young people not to get vindictive and take away others friends to play tit for tat.
6. When you are discussing how to resolve issues, encourage young people to sit down with the person they have fallen out with and talk. Often communication is misinterpreted and other friends can get the wrong idea about what has been said or done.

