

## **Friendships, Facilitator Note and Worksheets**

The idea of this activity is to get young carers to look at the importance of having friends and people around them for support and fun. Encourage discussions about what it is that makes a good friend, what qualities do they like in friends and what qualities do they think they have as friends.

You can also lead into a discussion about the ways in which they meet their friends. Here you can discuss the use of social network sites such as Twitter and Facebook. This might also be a good way to have a separate session on internet safety and about keeping yourself safe on Facebook, Twitter and such sites.

When discussing what makes good friends etc., always promote the idea that it takes confidence to make friends and remain friends. Similarly it takes confidence to deal with a friendship ending. This helps to reinforce the notion of being confident and you can elaborate on this through further discussions around what it means to be confident and how do you know if you are confident.

In using the “Advert for Friends” worksheet get the participants to be as creative as they wish. The idea is for them to think about what it is that they look for in a friend, and what it is they can offer as friends. You can do this on a computer or by printing out the page and using it. They could swap with each other and write about what it is about the other person they think would make them a good friend.

### **What causes friendships to end?**

Some possible answers could be:

Falling out

Person gets new friend and you are left out

Being a young carer and all it demands of you

Pressure from other people not to hang about together

Breaking trust

Moving home/school/class

People changing interest/hobbies/what they want out of life

Friendships do naturally come to an end. It is important to remind young carers that, like any loss, this can be difficult and painful and they may want to talk to someone about it.



## **Making New Friends, Worksheet**

Friend:

How I met them:

What I liked about them:

How we became friends:

How we stay friends:

Why this friendship is important:

**Advert for Friends, Worksheet**

FRIENDS.COM

Scotland's Major Friendship Agency

Application Form

Name:

Place your name here:

Requires:

Good friend

Must Have the Following Qualities:

In Return You Will Receive: