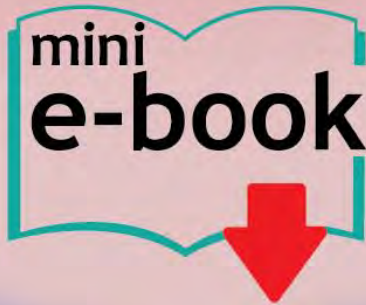


Health

Friendships, Conflict And Bullying



For Upper Primary



Contents

Friendships	Page 3
New Friends	Page 4
Choosing Friends.....	Page 5
Conflict 1.....	Page 6
Conflict 2.....	Page 7
Bullying 1.....	Page 8
Bullying 2.....	Page 9
Answers.....	Page 10

Preview

Title: **Friendships, Conflict And Bullying** For Upper Primary
 Published by **Ready-Ed Publications** © 2019
 Taken from: Health Years 5-6 (Part 1)
 Author: Miranda Cooke Illustrator: Alison Mutton

Copyright Notice

The purchasing educational institution and its staff have the right to make copies of the whole or part of this book, beyond their rights under the Australian Copyright Act 1968 (the Act), provided that:

1. *The number of copies does not exceed the number reasonably required by the educational institution to satisfy its teaching purposes;*
2. *Copies are made only by reprographic means (photocopying), not by electronic/digital means, and not stored or transmitted;*
3. *Copies are not sold or lent;*
4. *Every copy made clearly shows the footnote, 'Ready-Ed Publications.'*

Any copying of this book by an educational institution or its staff outside of this blackline master licence may fall within the educational statutory licence under the Act.

The Act allows a maximum of one chapter or 10% of the pages of this book, whichever is the greater, to be reproduced and/or communicated by any educational institution for its educational purposes provided that educational institution (or the body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under Act.

For details of the CAL licence for educational institutions contact:

Copyright Agency Limited
 Level 19, 157 Liverpool Street
 Sydney NSW 2000
 Telephone: (02) 9394 7600
 Facsimile: (02) 9394 7601
 E-mail: info@copyright.com.au

Reproduction and Communication by others

Except as otherwise permitted by this blackline master licence or under the Act (for example, any fair dealing for the purposes of study, research, criticism or review) no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission. All inquiries should be made to the publisher.

Ready-Ed Publications:
info@readyed.com.au
www.readyed.net

A life without friendship would be very lonely. We need friends to provide us comfort when we are sad and to share happy moments and experiences with. Good friendships help us to make boring days interesting and provide us with opportunities to feel good by being kind and friendly to others.

Think about your friendships and complete the following sentences.

1. A good friend is someone who _____

2. My longest friendship is _____

3. My friends and I enjoy _____

4. My friends make me feel special when they _____

5. If a friend lets me down I _____

6. I can be a good friend to other people by _____

7. I choose my friends _____

8. Friendship is important to me because _____

9. Sometimes friendship is hard because _____

On the back of this sheet, write about the importance of friendship.

Some points to consider:

- *Why are your friends important to you?*
- *How would you feel if you didn't have any friends?*
- *How do you chose your friends?*



As time passes, your friends are likely to change. Let's look at some of the reasons why this happens:

- you might join a new club;
- you might move school;
- you might develop different interests to your current friends and make new friends that share your new interests.

Think about the friends that you played with last year. Are these the same friends that you play with this year?

Complete the Friend Analysis below.

1. Name two friends who you played with last year that you don't play with as much this year.

2. Name two new friends that you have made this year.

3. Where did you meet your two new friends?

4. Have you got a friend who has moved away from your area or left your school? Do you still keep in contact with this friend? Say how.

5. If you or a friend moved away, how might you choose to keep in touch with them?

6. Why do you think that it is often harder to maintain a close friendship with someone who lives a distance away? (Maybe you disagree with this?)

Activity

Choosing Friends

Sometimes friends change and don't make you feel good anymore. This is when it is time to make new friends. If people bully or pressure you or make you feel sad, they are not good friends. Do not make friends with people who make you feel sad or bad about yourself. If your friends make you feel good about yourself, are helpful and make you smile, they are worth holding on to.

1



Is this a good friendship?

Why/Why not?

Is it time to make a new friend?

2

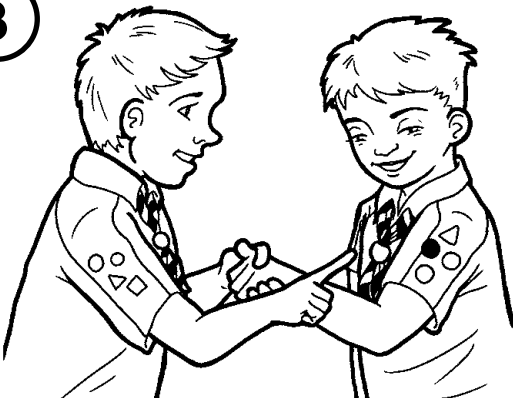


Is this a good friendship?

Why/Why not?

Is it time to make a new friend?

3



Is this a good friendship?

Why/Why not?

Is it time to make a new friend?

Sometimes your friends don't always behave in a way that you agree with, this means that maintaining friendships can be challenging. It is important to realise that these challenges are a part of life. While you don't get to choose how other people behave, you can choose how you deal with challenging friendships.

Consider the following two scenarios and answer the same three questions for each.

Scenario 1

Two friends of yours are fighting with each other. They demand that you choose between them. You don't want to lose either of them.



- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

Scenario 2

Your friend starts acting in ways that you think are wrong (maybe using drugs, stealing, bullying or being rude).



- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

Sometimes friends don't always behave in a way that you agree with, this means that maintaining friendships can be challenging. It is important to realise that these challenges are a part of life. While you don't get to choose how other people behave, you can choose how you deal with challenging friendships.

- Consider the following two scenarios and answer the same three questions for each.

Scenario 1

Your friend invites you to go to the movies, but calls back an hour later to cancel. You find out that your friend went to the movies with someone else.



- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

Scenario 2

You discover that your friend has been telling stories about you that aren't true.



- How would this make you feel?

- What is a positive way to deal with this situation?

- What is a harmful way to deal with this situation?

Read the information then complete the task.

What is bullying?

- When someone keeps picking on you again and again to make you feel bad.
- When a person says mean things to you over and over.
- When a person physically hurts you.
- When a person tries to control who you are friends with.

If these things are being done repeatedly and with the intention of causing physical or emotional harm, then they are classified as bullying.

Why do people bully?

- To look cool or tough.
- To get attention.
- To make onlookers laugh in an attempt to be funny.
- To put others down to make themselves feel better because they feel insecure about themselves.
- They don't know how to get along with others.



One way to deal with a friend who has begun to bully you, is to make a new friend. Bullies do not make good friends. In the space below write three things that you can do to build new friendships.



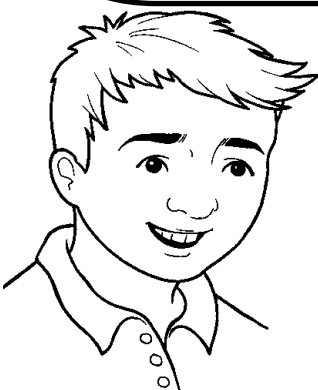
BUILDING FRIENDSHIPS

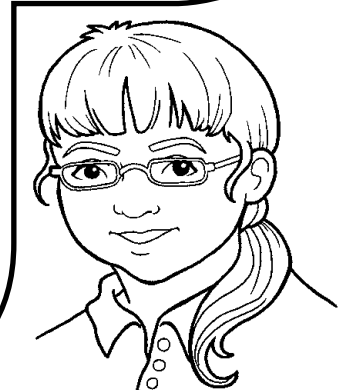


1

2

3





Being bullied is horrible. It makes you feel bad about yourself, erodes your self-confidence, can make you feel unsafe and frightened. It is important for you to understand that bullying is never OK.

- Consider the following scenarios in small groups or with your class. Decide which are examples of bullying. You need to be able to explain and justify your answers.

Scenario 1

John asks Luke to go to the movies with him but he says he is already going with his two friends.

- Is this an example of bullying?



Scenario 2

Sarah and Eve are in the same English class. Sarah pulls Eve aside and asks for her assignment to copy. Sarah says she will report Eve to the teacher for cheating if she doesn't hand the work over. This is not the first time that Sarah has threatened Eve like this.

- Is this an example of bullying?

Scenario 3

Adam walks past Sophie in the hallway and bumps her.

- Is this an example of bullying?



Scenario 4

Simon is new to the school and no-one sits with him at lunch time on his first day.

- Is this an example of bullying?



Scenario 5

Every time Michael walks past Jeremy, he sniggers and calls him horrible names. Out of school, Michael texts Jeremy nasty messages and phones him throughout the night, but hangs up when he answers.

- Is this an example of bullying?

Page 3

Encourage students to consider positive and negative aspects of friendship within the context of the importance of friendships. Discuss the significance of working on friendships and develop an understanding that it is unrealistic to expect friends to be perfect all of the time. Also, consider fostering the idea that friendships are about giving as well as receiving.

Page 4

Discuss with students the nature of evolving friendships. Note that some people remain your friends for many years, while others may only be in your friendship circle for a short time. All of this is normal.

SUGGESTED ANSWERS

5.) Phone, email, facebook and Skype for example, enable us to keep in touch with friends and family who do not live nearby and help us to maintain bonds with friends. However, it is significant to note that doing things together seems to be the key for maintaining many friendships.

Page 5

1) This is not a good friendship because the boy's friend is pressuring him to smoke. This is an unhealthy and harmful habit and it is not in the boy's best interests. It is definitely time to make a new friend.

2) This is a good friendship because the boy is trying to comfort his friend and calm and reassure her. There is no need to make a new friend.

3) This is a good friendship because the boy is congratulating his friend on receiving a badge at scouts. Friends should congratulate each other when they have done well and say positive things. There is no need to make a new friend.

Pages 6 and 7

While there are no definitively right and wrong ways of dealing with conflict within friendships and friendship groups, some ways are better than others. Ask students to brainstorm multiple answers for each of the scenarios. Class members should be encouraged to share and discuss their answers – this will provide students with a range of positive and negative options for dealing with sticky situations. Of course, positive options should be encouraged as preferable solutions.

Identifying and acknowledging different feelings during such times is also an important social awareness skill. Understanding that different people will have different reactions and feelings to situations should be highlighted as normal.

Page 9

1) No, this is not bullying. It is OK to turn down an invitation.

2) Sarah is definitely bullying Eve. She is making a threat and it is happening repeatedly.

3) No this is not clearly bullying. It seems that Adam's bump was accidental. If it was happening repeatedly and with intention, then this would be bullying.

4) No, this is not bullying. If the children made a conscious decision not to talk to Simon that day and the next day, etc. it would be bullying.

5) Michael is definitely bullying Jeremy. This is happening repeatedly and with intention. It is being done to make Jeremy feel upset and unsafe.