

RELATIONSHIPS

Name:



Meet The characters!



Chloe

Likes: Chocolate, fashion

Dislikes: Hot weather

Hobbies: Photography, trumpet

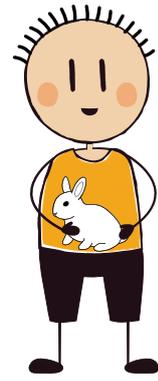


Maya

Likes: The ocean, whales

Dislikes: Cleaning her room

Hobbies: Surfing, saxophone



Hugo

Likes: His rabbit, pizza

Dislikes: Chocolate

Hobbies: Playing with his baby brother, singing



Pablo

Likes: Video games, fruit smoothies

Dislikes: Waking up early

Hobbies: Painting, bike riding



Layla

Likes: Mystery novels, pop music

Dislikes: Rainy weather

Hobbies: Reading, baking



Sheng

Likes: The outdoors, science

Dislikes: Soda

Hobbies: Bird watching, reading

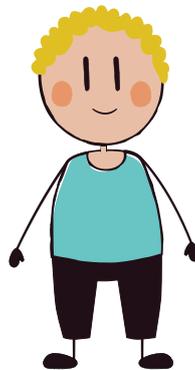


Ruby

Likes: Dachshunds, math

Dislikes: Long car rides

Hobbies: Origami, basketball



OTTO

Likes: Puzzles, ice cream

Dislikes: Grumpy people

Hobbies: Swimming, baking



Priya

Likes: Sushi, hip-hop music

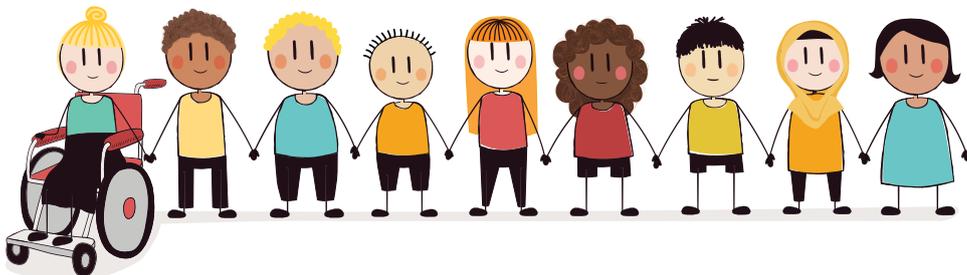
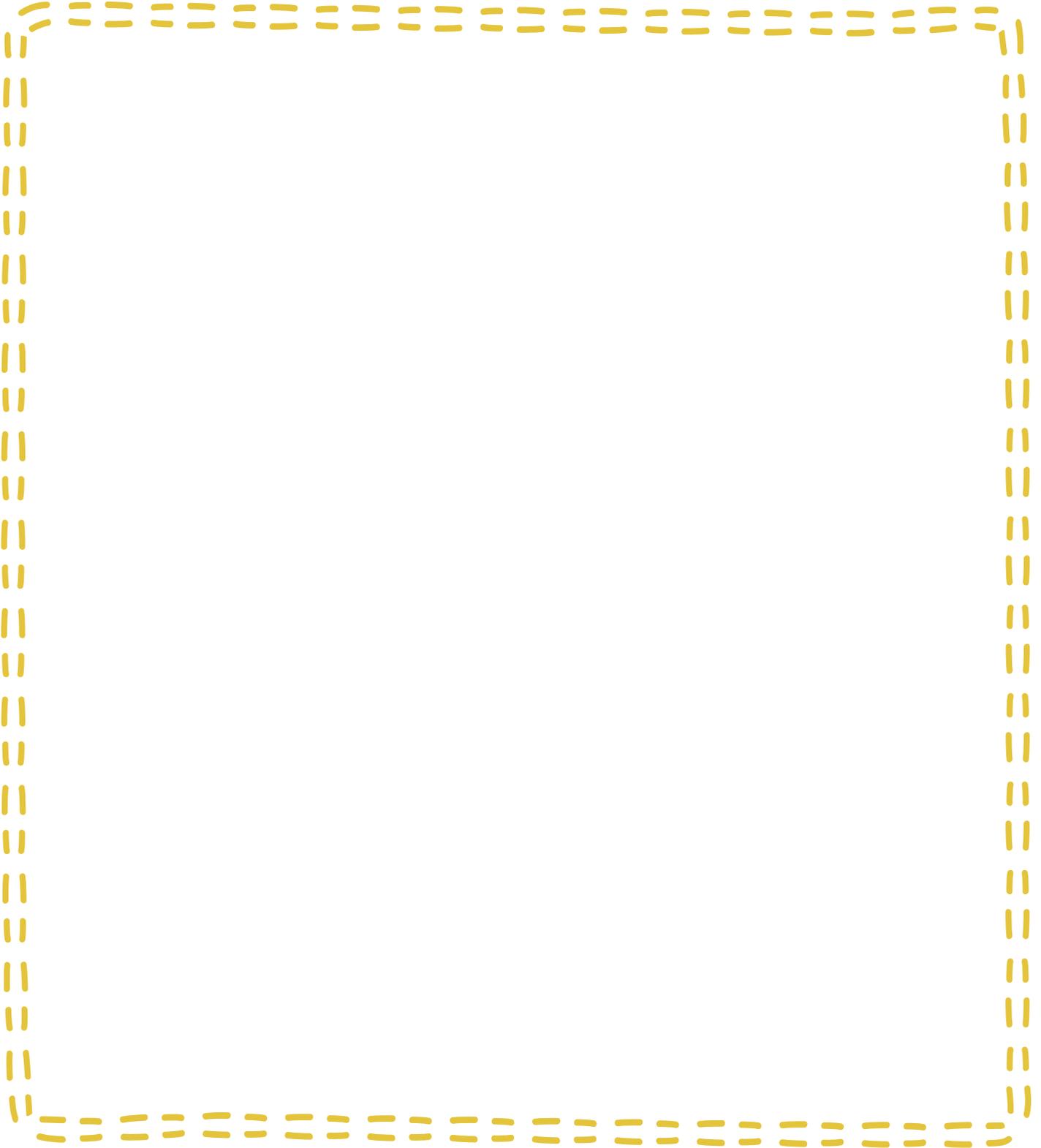
Dislikes: Spicy food

Hobbies: Beatboxing, football

Healthy Relationships

Day 1

What do you think a good, healthy relationship looks like? Draw it!



My Superstars!

Day 2

Surrounding yourself with positive people can help you create a happy life.

Finding supportive, caring, and encouraging people will help you get through tough times, and help build your self-esteem and confidence. These people are your "superstars".

What exactly is a "superstar"?

A superstar is someone who motivates and supports you. They give you advice to deal with hard times, help you to overcome barriers, and want to see you succeed!

Who are your **superstars**?

Write down some people who are a positive influence in your life. They may be friends, family, or people you look up to as role models.



The Best Parts!

Brainstorm the best things about your relationships with your **superstars**.

How do they make you feel? What do they add to your life? What are the great things you share together?

What are the best parts
of your relationships?

Tips to improve Relationships

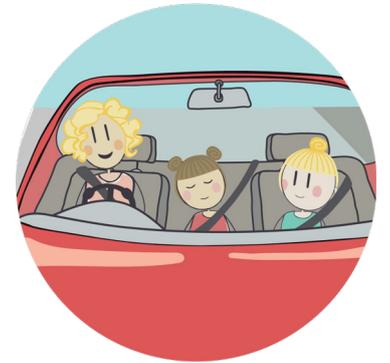
Day 3

Would you like to be a better friend and listener? Here are some ways to help you do this!

Tip 1:
Build respect with everyone.



Tip 2:
Smile and Listen.



Tip 3:
include others.



Tip 4:
Find your superstars.



Showing Respect

If you have respect for someone, how would you behave towards them?

Talk to the person next to you and write down some ideas of what you think respect looks like.

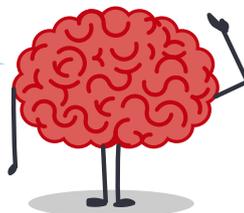


What is The Opposite of Respect?

Look at the ideas you brainstormed about respect. Now think about what the *opposite* of those behaviors would look like.

How would you feel if your friends treated you in a disrespectful way?
Write down your thoughts in the box below.

Why not try using more of these respectful behaviors in your everyday life?



What is BULLYing?

Day 4

You have probably heard of "bullying". But what is it exactly?

Bullying is repeated aggressive behavior by an individual or a group of people, to another person. It can be physical, verbal, or psychological. It is intended to cause harm, fear, or distress to a person.

How is a one-off mean moment, or a conflict, different to bullying? Discuss your thoughts with a partner and write down the characteristics of each one below.

One-Off Mean Moment

Conflict

BULLYing

If you, or someone you know, are being bullied tell a trusted adult.
Bullying is **never** acceptable!

Negative Relationships

Day 5

Not all relationships are good - some are negative, which can be bad for your wellbeing. They might be a friend who acts nicely one-on-one, but turns on you in a group situation.

Having the skills to manage these negative relationships is important so that you aren't trapped by them.

Here are some handy tips if you are experiencing a negative relationship:

Step #1

Ask yourself how the relationship makes you feel.

Do you feel down or upset after you spend time with this person?

Step #2

Have a chat with them.

Sometimes, they might not realize how their actions affect you. Have a calm conversation and explain how you feel when they do certain things. Then listen to them, and try to work it out.

Step #3

If they don't change their behavior, it might be time to end the relationship.

Try hanging out less, reducing your contact with them, and find a good time to explain to them your change in behavior.

Use some of these tips in the scenarios on the following page!

ACT IT OUT!

Using one of the scenarios below, conduct a role play with some other students in your class.

Then, using the handy hints provided on the previous page, solve the scenario. Will you be able to work it out? Or will you need to say goodbye to that negative friendship? It's up to you!

1. Martin is playing soccer with a group of his friends at lunch. He goes to kick the ball, but misses it. His friend Anwar points and laughs at him, while saying he sucks at sports.

2. Maya and Aisha have been best friends since they were young. But today Maya is whispering to a new group of girls in the playground, while looking and pointing at Aisha.

3. Mohammed and Sam are playing together during lunch. Mohammed suggests a new game but Sam says "no". Mohammed tells Sam that if he doesn't want to play his game, then he can go and find new friends.

4. On the weekend, Elisa goes over to her friend Alice's house to play. When Alice sees Elisa, she scoffs and says "What are you wearing? Your shirt is so lame."



5. Ailing and Irene are in the playground at lunchtime, when their friend Karina comes over to play. When they see Karina coming towards them, Ailing tells Irene to turn around and ignore her so she won't join them.

6. Alistair asks to borrow his friend Kai's video game one weekend. However, Alistair breaks it and refuses to replace it. Alistair has lost Kai's belongings in the past and never apologized or replaced them.

