BMW 1 :Term 3 **Friendships !!**

Welcome back and how was the holiday? We have a new term to tackle and we hope

you are all prepared for a good term’s work. !

Last term we discussed Positive Attitudes, Self Esteem, and Anger Management.

Do you remember any of the points discussed??

Now all these topics help to build a sound, strong character.

There is another area we want to touch on that is often overlooked and certainly not thought of by you youth.

**Friendships.**

*Questions to open discussion:*

Is it important to have a good friend?

Is friendship a one way street ?

Can your best friend be a relative? Like a brother/sister/cousin??

Friendships often contribute to our decision making and influence us in the choices we make.

Friendships are therefore very important to us especially in our years of exploration.

That is teens / high school.

Have you ever heard of Bad Company?? Your parents may say, “I don’t want you liming with him” “He is no good for you.”

As with all things in life, there is Good Friendship and Bad Friendship.

Let’s discuss the two.

**Good Friendships**

To have a good friend, you must also be a friend. Good friendships need equal give and take, understanding and patience. Having good relationships actually promotes better health, physically and emotionally. Strong healthy relationships foster confidence and self esteem. So friendship is important and must be valued.

How to nourish a good friendship.

· Permit your friends to be themselves.

· Give each other space. You don’t have to lime with him/them everyday 24/7.

· Be ready to give and to receive

· Make your advice constructive, positive. Even if it is correction, it can be given in a

sincere , positive tone.

· Be loyal. Do not be afraid to stand up for your friend for a just cause.

· Give praise and encouragement

· Be honest

· Treat friends as equal

· Be someone your friends can trust.

· Be someone your friends can depend on.

**Bad Friendships / Unhealthy Friendships.**

Sometimes we end up in bad friendships. We may feel that something is wrong, but we just don’t know what it is. The actions and words of our so-called friend are inappropriate

And make us feel uncomfortable.

Here are some signs that you may be in a bad friendship.

· You can’t be yourself without getting criticism from your “friend”.

· Your “friend” doesn’t give you any space.

· Your friend gets jealous when you are liming with lots of other people.

· Your friend is pushy, wanting everything his way. He want to go liming at the corner so that is what you end up doing, even though you wanted to chill out on the PS2/WII

· You notice your friend lies to parents, teachers and even you sometimes.

· Your friend always puts down others and you. Never builds up with a compliment.

· Your friend does not treat you as an equal.

· Your “friend” has questionable other friends. Eg. They smoke and lime a lot in the street aimlessly.

It is important to realize, that if we are able to build strong relationships from young with people, it helps you as an adult in the workplace as the most successful people are able to work with many respectfully.

The most important benefit of being able to value and hold friendships is that it prepares you for the commitment of marriage, as it can be your most important

relationship in your life.