



Prior Knowledge: Understanding what a friend is and knowing the differences in relationships

Keyword	Definition	Keyword	Definition
Platonic Relationship	A friendship or relationship where there is no romantic, intimate or sexual feelings	Familial Relationship	A relationship with someone who has a blood, kinship or legal tie to you
Intimate Relationship	A relationship which can include sexual attraction and sexual activity	Toxic Relationship	relationship that has a negative impact on your mental health and self esteem
Banter	Banter is the playful exchange of teasing remarks and jokes between friends where all are in on the jokes and enjoy the exchange.	Bullying	Bullying is the repeated and intentional behaviours which cause harm to another person, either physically, emotionally or psychologically.
Bully	A person who engages in bullying type behaviour towards one or more people.	By Stander	A person who doesn't actively engage in the bullying but watches and doesn't do anything to prevent it.

Signs of a Good Friend

- Good friends make you feel good
- Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.
- Good friends listen
- A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
- Good friends support each other
- If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.
- Good friends are trustworthy
- If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.
- Good friends handle conflict respectfully and
- Respect boundaries
- A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.

Signs of a Toxic Friendship

Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:

- They might say "brutally honest" things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Share things about you online
- Make you feel bad about yourself

What to do if you are in a Toxic Friendships

Remember: the problem isn't you: Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you.

- Talk to them about how their behaviour makes you feel: Explain calmly and without accusation. Be specific, Tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising.
- If they apologise, give them another chance: If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on.
- Make new friends: Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help.
- Don't retaliate: It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them.