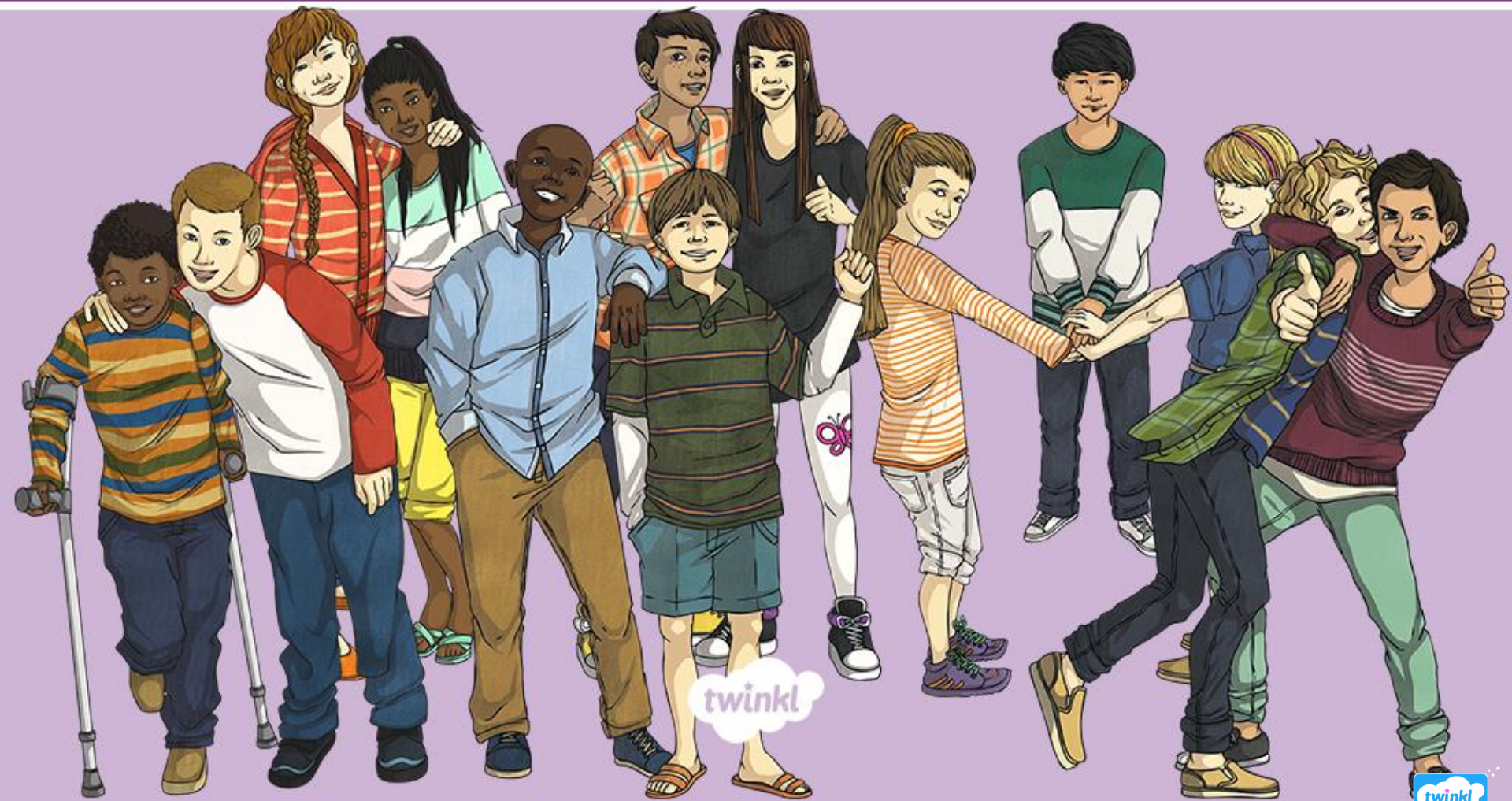


# PSHE - False Friends

# False Friends



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# Aim

- I can recognise healthy and unhealthy relationships.

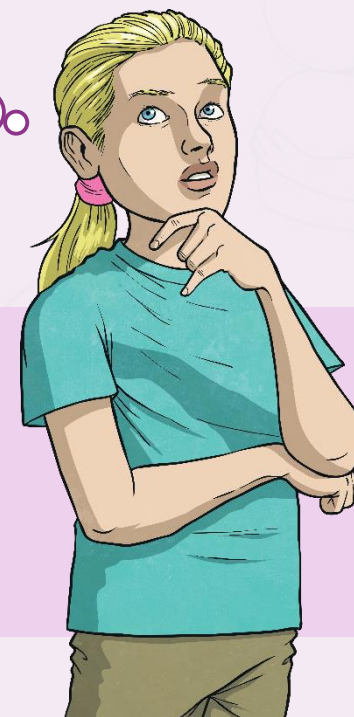
# Success Criteria

- I can spot signs of an unhealthy relationship.
- I can suggest different ways to end a relationship if necessary.



What are some of the signs of an unhealthy or risky relationship?

When might it be best to end a relationship and how can we do this?



Write your answers these questions on a piece of paper and place it in front of you.

# A Good Friend?



What do you believe is a healthy relationship? What do you believe is an unhealthy relationship?



What do you think the signs of an unhealthy relationships would be?

False friends create unhealthy relationships.



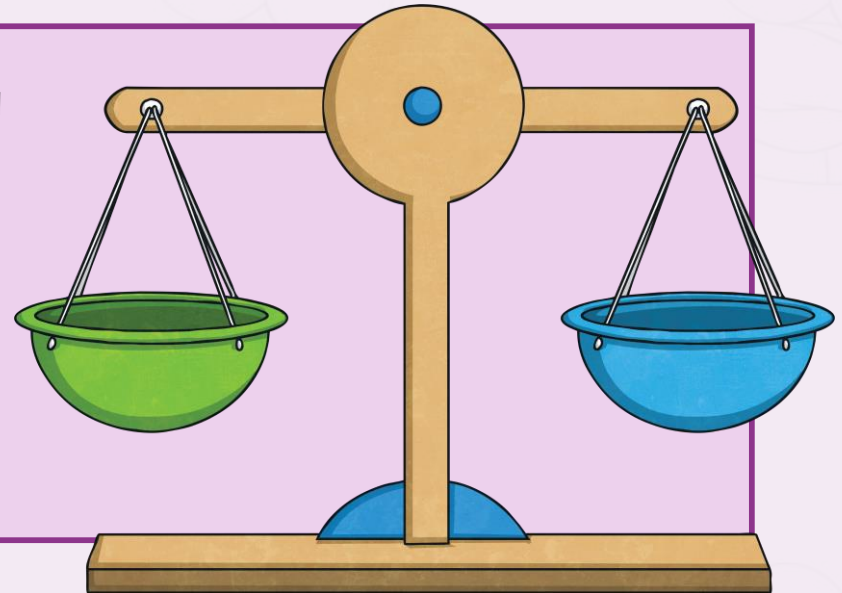
This lesson will look through the ways to identify unhealthy relationships and how to end an unhealthy relationship.

# Healthy Relationships



Healthy relationships are not always happy relationships. It is totally normal for healthy relationships to have disagreements as well as happiness and fun times. A healthy relationship will always make you feel confident about the person you are and will enable you to make your own choices.

So long as a relationship is healthy and balanced, any argument or disagreement can be resolved and worked through, because in a healthy relationship, the two people respect each other and therefore can work through difficult times.



# Risky Relationships



The following are signs of being in an unhealthy or risky relationship:



**If they expect too much from us.** If one of the friends expects their friend to be there with them through everything they go through in life it can prevent them living their own separate life. This is a sign of an unhealthy relationship.

**If the relationship is unbalanced.** This means one of the people in the friendship does a lot more work and puts in more effort to maintain the relationship, while the other person does very little. This can be a sign of the relationship being unhealthy.



# Risky Relationships



**If you are made to feel guilty.** Within a healthy relationship, the friends would support and help each other without deliberately trying to make them feel bad. A sign of an unhealthy relationship is when one of the friends deliberately tries to make the other person feel bad.

**If the relationship doesn't allow change.** Healthy friendships enable each of the people to progress and change through life. If one of the friends cannot accept that a person has changed or that their life has changed then the relationship can be unhealthy.





# Risky Relationships



**If you always accept the blame.** Within a healthy relationship both people would accept blame if they have done something wrong. Signs of an unhealthy relationship can include taking the blame for someone else purely to try and maintain the relationship. This is not healthy for the relationship.

**If you feel bad about yourself.** A healthy relationship would make you feel good about yourself, so if your friendship makes you feel negatively about yourself then this is a sign of it being unhealthy.



**If there is jealousy in the relationship.** Within a healthy relationship, the friends would feel happy if life is going well for the other person. If the friend cannot feel happy for their friend and feels jealous then that is a sign that the relationship is unhealthy.

# Risky Relationships



Independently, look at the **Risky Relationships Activity Sheet** to identify which relationships are unhealthy.

**Risky Relationships**

Look at the following relationships and identify whether they show signs of healthy or an unhealthy relationship.

I got full marks in my maths test this week! I can't believe it, I have never ever got full marks!

I am so proud of you, that is brilliant. You deserve it too, you have worked so hard on your maths.

Is this relationship showing signs of being healthy or unhealthy? \_\_\_\_\_

Do you like my new top shoes? I've saved up for ages for them.

They are horrible. You look really silly in them.

Is this relationship showing signs of being healthy or unhealthy? \_\_\_\_\_

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I am going to rugby on Monday. I am so excited. I love rugby.

But we don't like sports. We have always said we don't like exercise. I can't believe you have changed.

Is this relationship showing signs of being healthy or unhealthy? \_\_\_\_\_

I really want to go on the swing. I just can't be bothered to stand and wait for a turn!

Don't worry. I'll go and wait for it and call you when it is free. Can I do anything else for you?

Is this relationship showing signs of being healthy or unhealthy? \_\_\_\_\_

Strategies to use to regularly check our own relationships are healthy:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Discuss together whether the person in the relationship would be able to recognise that the relationship is unhealthy.

Can you and your partner create a list of strategies that people could use to help them to regularly reflect on their own relationships to ensure they are healthy and remain healthy?

I got full marks in my maths test this week! I can't believe it, I have never ever got full marks!



I am so proud of you, that is brilliant. You deserve it too, you have worked so hard on your maths.

Is this relationship showing signs of being healthy or unhealthy?: \_\_\_\_\_

Do you like my new tap shoes? I've saved up for ages for them.



They are horrible. You look really silly in them.



Is this relationship showing signs of being healthy or unhealthy?: \_\_\_\_\_

I am going to rugby on Monday. I am so excited, I love rugby.



But we don't like sports. We have always said we don't like exercise. I can't believe you have changed.



Is this relationship showing signs of being healthy or unhealthy?: \_\_\_\_\_

# Ending Relationships



If we regularly reflect on our own relationships we will quickly spot if there is a part of the relationship that is unhealthy. Often, through honest conversations and a commitment to the relationship, we can work through the unhealthy aspects and things can change and improve.

If, however, things do not improve or if one of the people in the friendship does not want to change how they are behaving, then ending the relationship may be the best way forward in order for both people to have a healthy and happy life.

Have a look at ways in which you could end a relationship. What are your thoughts on the strategies?

Who could support you with each strategy?

## Ending Relationships

The following strategies are all different ways we can end an unhealthy relationship. In groups, discuss who could support with each strategy.

- 1 Have a separation time.** This can be the start to ending a relationship. It enables both friends to think carefully about their behaviour and have an opportunity to make amends and alter their behaviour if necessary.
- 2 Be prepared.** Make sure you have thought through what you are going to say and make sure you have thought carefully about what the friend might say to you and how they might react.
- 3 Be honest.** Tell your friend the true reasons you are needing to end the relationship so that there is no confusion over what you want and need. This does not mean you need to speak hurtfully, but you can be honest by reflecting on how the relationship has impacted you and your life.
- 4 Speak to the friend over the phone.** If you are ending the friendship this way, make sure you pick a good time to ensure your friend has time to speak properly to you.
- 5 Speak to the friend in person.** Explain clearly what you want to happen without being hurtful to the other person.

1

**Have a separation time.** This can be the start to ending a relationship. It enables both friends to think carefully about their behaviour and have an opportunity to make amends and alter their behaviour if necessary.

2

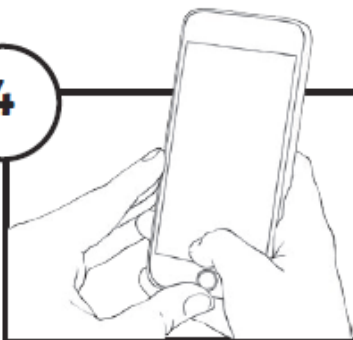
**Be prepared.** Make sure you have thought through what you are going to say and make sure you have thought carefully about what the friend might say to you and how they might react.



3

**Be honest.** Tell your friend the true reasons you are needing to end the relationship so that there is no confusion over what you want and need. This does not mean you need to speak hurtfully, but you can be honest by reflecting on how the relationship has impacted you and your life.

4



**Speak to the friend over the phone.** If you are ending the friendship this way, make sure you pick a good time to ensure your friend has time to speak properly to you.

5

**Speak to the friend in person.** Explain clearly what you want to happen without being hurtful to the other person.



**TASK:** Using everything you have learnt, create a poster about 'False Friends'.

Your poster must include:

- signs of an unhealthy friendship.
- strategies to end an unhealthy friendship.
- any of your suggested ideas.

# Unhealthy Relationships



Do you now feel confident identifying an unhealthy relationship?

How would you ensure your relationship is healthy?

What would you look out for?

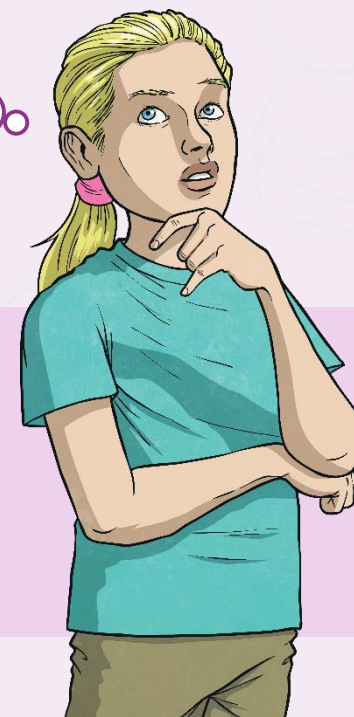
How would you end an unhealthy relationship?





What are some of the signs of an unhealthy or risky relationship?

When might it be best to end a relationship and how can we do this?



Have your answers changed since you placed your answers on the Big Questions Poster at the beginning of the lesson?