



## Activity: 3-4.13.2

### Key Messages

- We all bring different qualities to our friendships and this diversity is valuable.

### Activity Details

#### Victorian Curriculum

**Health & PE** Describe factors that can positively influence relationships and personal wellbeing VCHPEP092

**Capabilities** VCPSCSE017

**Time** 30 minutes

**Levels** 3 & 4

**Equipment**

- Class set of *Are you someone who...?* worksheet

# Are you someone who...?

## Purpose

To provide a focus for discussing friendship.

To assist students to identify the qualities they bring to friendships.

## Teaching notes

This activity allows students the opportunity to consider positive and negative elements of relationships and how their own behaviour can impact on these relationships. It also enables them to identify their own strengths, while highlighting their ability to provide support and encouragement to their friends. Through their discussion, the students may also identify other qualities that could be added to the worksheet.

## Procedure

1. Ask students to list people who were important to them when they were 3 years old.
2. Ask students to list people who are important to them now.
3. Discuss the differences and the importance of friendships as students are getting older.
4. Distribute the worksheet and ask each student to fill it in.
5. Ask the students to share their answers in pairs. They should only share according to their comfort level.

## Discussion

Class discussion could include:

- What are the most important qualities of friendship?
- Why do you think those qualities are important?
- How could a person work on aspects of a friendship that they would like to change?

Adapted from Gourlay, P, White, W and Walsh, R 2001, *Growing up and feeling good: strategies for teaching and learning about puberty*, Family Planning Victoria, Box Hill, Vic.



# Are you someone who...?

For each question, tick the answer that best describes you.

	Yes	No	Sometimes
...is a good listener?			
...looks people in the eye?			
...pays people compliments?			
...likes to be with people?			
...interrupts peoples' conversations?			
...smiles/laughs a lot?			
...thinks you are always right?			
...can talk easily about your own feelings?			
...gets annoyed easily?			
...is honest?			
...will help someone in trouble?			
...is interested in other people's interests?			

Look at your list. What does it tell you about yourself?

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Are there any things you would like to change?

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Adapted from Gourlay, P, White, W and Walsh, R 2001, *Growing up and feeling good: strategies for teaching and learning about puberty*, Family Planning Victoria, Box Hill, Vic.