



Activity: 7-8.6.1

Key Messages

- We each contribute important qualities to friendships.
- Friendships may change over time, particularly during adolescence.

Activity Details

Victorian Curriculum

Health & PE Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing VCHPEP127

Capabilities VCPSCSO040

Time 30 minutes

Levels 7 & 8

Equipment

- examples of friendship scenarios from TV shows or novels
- whiteboard and textas

Collapsing friendships

Purpose

To develop an awareness of the qualities important in a relationship.

To consider how and why friendships might change over time.

Teaching notes

This activity could be based on a novel but it's probably more relevant to base it on a popular television program the students watch, such as *Home and Away*, *Neighbours*, *Glee* or *Gossip Girl*. This will require preparation and research on your part. You could play an extract from one, or a few, of the programs at the beginning of the discussion.

Procedure

1. Draw a brick wall on the board, of about 24 bricks.
2. Ask the students to brainstorm qualities which they consider to be important in friendships, writing each quality on a brick on the board.
3. Discuss the friendships in the television program you have chosen, focusing on how friendships change and develop.
4. Discuss whether any characters in the program demonstrated or experienced these qualities.
5. Talk in detail about an incident in the program when some of these important friendship qualities disappeared or were not obvious. Demonstrate this by rubbing out the relevant bricks.
6. Discuss how the characters might be feeling.
7. Continue until the wall has so many bricks removed that it would fall down, signalling that no friendship could remain.

Discussion

Discuss what the students would do if they found themselves in similar situations:

- How would you feel if you knew a friendship was changing?
- What would you do if that friendship was very important to you?
- Is it possible to rebuild a friendship once it has fallen down?

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.

