

Growing Good Friends - Session 3 - Being a Great Friend

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

Harold and his friend talked about the things that make a friendship grow, like kindness and trust.

Can you think of a time when you were a good friend to someone?

What did you do to help your friendship grow?

(Open ended question.)

This encourages students to reflect on their own actions and recognise the qualities that strengthen friendships.

Harold mentioned that noticing how someone is feeling and checking in on them is important.

Why do you think it's helpful to ask friends if they're okay, even when they don't say anything?

How can we show empathy in those moments?

(Open ended question.)

This promotes thinking about non-verbal cues and the importance of emotional awareness and care in friendships.

Depending on the situation, friends might need different things, like a calm caring friend to listen to them, or help being brave.

Can you think of a situation where friends might need different kinds of support?

How might you know what they need, and how can you show respect for that?

(Open ended question.)

This question encourages empathy and understanding of diverse needs in relationships, prompting students to reflect on how they adapt to the needs of others.

Sometimes we need to stand up for our friends when they're being treated unfairly.

Why do you think it's important to be an 'upstander' and help others when they're in tough situations?

What could you do if you saw someone being treated unfairly at a party or at school?

(Open ended question.)

This encourages critical thinking about fairness, justice, and the responsibility to help others in social situations.

Showing respect and kindness to others also applies to ourselves. Why do you think it's important to be kind to yourself, just like you're kind to others? How can you show respect for your own feelings and needs?

(Open ended question.)

This question fosters self-awareness and reflection on self-care, encouraging students to see the connection between treating others well and taking care of themselves.