
Friendship Case Study

Learning Outcomes:

- To help the child(ren) think about what bullying might look like.
- To discuss ways to manage/cope with/deal with situations that involve bullying.

Equipment:

- Friendship case study scenario

Instructions:

- This activity would be especially helpful for someone going to secondary school this year. You can either do this as a discussion, OR (if your family could cope with this!) you could even do it as a role play and act out the difference scenarios.
- Go through the scenario bit by bit. Discuss each one, answering the questions if relevant – and if role playing you could try out some of the possibilities, if you want to!
- Discuss with your child(ren) what they might find helpful if they ever find themselves in this situation.
(You may find some websites helpful if you want to discuss further – e.g. bullying.co.uk, childline.org.uk)

National Curriculum: Pupils should know: - how important friendships are in making us feel happy and secure, and how people choose and make friends. - the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. - that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. - that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. - how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. - about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. - that people sometimes behave differently online, including by pretending to be someone they are not.

Friendship case study - scenario

(Please note that if you decide to do this as a role play, rather than a discussion, children 'in role' should only speak from their character's point of view. When you finish you should remind them that this was just a game and get them to let go of the character by saying who they really are and a couple of good things about themselves – which you can help with.)

After each part of the scenario, answer the question and then discuss:

- What would be the consequences of your choice?
- How would you feel?
- What would you do next?
- Is this bullying? How would you recognise this?

1. You have just started secondary school. You have made friends with Sam. They are quite popular and at first you are happy to be their friend as you are getting to know lots of people and lots of fun things are happening around them.

2. On a Museum trip, one of your friends falls over and Sam laughs and keeps making fun of them. All your friends are laughing too.

What would you do?

- A. Join in laughing at the person who fell over
- B. Help the person who fell over

3. A few days later the friend who fell over starts hanging out with Sam, and Sam starts to ignore you.

What would you do?

- A. Ignore them
- B. Try to be their friend

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- 4. Sam has a party. Everyone is invited except you. You find out about it by accident.
 - What would you do?
 - A. Look for another friend
 - B. Change schools
 - C. Go to a teacher for help
 - D. Try to fit in
 - E. Have a party on a different day and invite everyone – including Sam
 - 5. You have a friend on social media who everyone in your class is friends with, although you are not sure who it is. This person is very friendly with you on social media, and you spend a lot of time messaging each other sharing stuff. Then you find out that it is Sam, and they are telling everyone else your secrets!
 - What would you do?
 - A. Nothing
 - B. Un-friend them
 - C. Tell a teacher
 - D. Tell Sam's secrets to the class
 - 6. You are coming out of school and Sam is waiting for you with some friends. They all start to push you around and your jumper gets torn. You manage to get away and go home.
 - What would you do?
 - A. Nothing
 - B. Tell an adult (parent/teacher)
 - C. Get some friends and wait for Sam after school to do the same thing back
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