

## Academic Tutorial: Friendship Dealbreakers



### Wellbeing Tutorial

**Session Length: 45mins-1hour**

#### **Aims:**

- Students should self-reflect and identify qualities which creates a good friend and develop self-awareness about their own behaviours and boundaries
- This should help students to create healthy relationships or identify potentially concerning behaviour in friendships.

#### **Set Up:**

- You will need your standard class table space for students to work together brainstorming.
- It may also be useful to be in a computer room to allow students to complete the forms with ease.

#### **Equipment:**

- [Microsoft Form Examples](#) – Positive and Dealbreakers for friendship
- 1 x Screen display
- A device or computer for every student to complete the forms.
- Optional—[Intro](#) and [Exit](#) Forms

## Structure:

### Session Introduction (10mins):

Begin with asking the students in the class if they think they're good friends, allow discussion about why and then ask them which qualities they look for in a friend and why these are important. Make sure that you're adding this list onto a document on the screen display that everyone can see in the class. Then select 10 and add it to a Microsoft form in a Likert question (sample included) which you can send the students next to collect results.

Optional - ask students to complete a digital intro form.

### Task 1 (10mins):

Send the students the Microsoft Form and ask them to rate each quality discussed. Once all the results are through share the large results with the class. Talk about the top qualities that seem to be the most popular.

### Task 2 (10mins):

Now ask the students to discuss qualities that could put a strain on friendships – talk as a class about dealbreakers which would make them consider not being friends with someone. It would be useful to give examples here such as not respectful or big ego. Again create the list and select 10 to create a new Microsoft Form Likert question to send to the students to vote on.

### Task 3 (10mins):

Send the students the Microsoft Form and ask them to rate each quality discussed. Once all the results are through share the large results with the class. Talk about the results and why it's important to create healthy boundaries and ask the class to define what a healthy boundary would be for them. Take time to discuss how the negative elements can create negative or toxic friendships and ask students to consider this in future.

Optional - students will now be asked to complete a digital exit form for feedback on the session.