

YEAR 6: NAVIGATING FRIENDSHIPS



"Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.'" - C.S. Lewis

WORKSHOP DESCRIPTION

The Navigating Friendships workshop, the first in the Grade 6 series, prepares students for the transition to high school by equipping them with tools to build meaningful connections and navigate friendship challenges. Students will explore the qualities of a good friend, the impact of their words, and the importance of setting personal boundaries.

WORKSHOP OUTCOMES

- Understand the importance of friendship
- Identify how to build deeper connections
- Recognise the qualities that make a good friend
- Reflect on how they can become a Great friend
- Understand the concept of a personal boundary
- Explore how to communicate when a boundary has been crossed

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** Participate actively in discussions and activities as if you were one of the students. Your engagement helps create a safe and open environment for students to explore their friendships.
- **Model positive friendship qualities:** Demonstrate kindness, empathy, and respect during interactions. This will help students see these qualities in action.
- **Encourage reflection:** Guide students to think about what makes a good friend and how they can embody those traits. Ask questions like, "What's one thing you value most in a friend?"
- **Support boundary-setting:** Help students understand the importance of personal boundaries. Encourage them to explore how to express themselves when a boundary has been crossed, offering reassurance that it's okay to communicate their needs.
- **Foster meaningful connection:** Share examples of how strong friendships have positively impacted your life. This can inspire students to seek deeper connections and understand their importance.