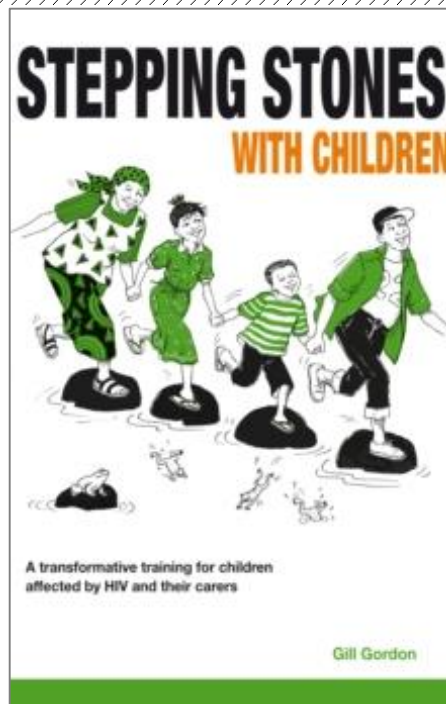


Handouts for *Stepping Stones with Children*



This *Handout for Stepping Stones with Children* is to be used with the *Stepping Stones with Children* training manual published by Practical Action Publishing, 2016.

You can download this handout for free for use with this training manual from the www.stepsstonesfeedback.org website.

On this website there are also many other resources to support you with this training manual and the original *Stepping Stones* training manual.

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FRIENDSHIP

1. How to respond to challenges between friends

Trustworthiness, caring, and honesty are all important virtues in friendship. There are lots of ways in which good friends behave. For example, by listening to each other, sharing our feelings and dreams, being willing to change if we are doing wrong, and by loving and supporting each other.

Sometimes friends do not understand each other well and get angry or upset. If we listen carefully and imagine ourselves in our friend's place, we can imagine how they are feeling. If we talk in a caring way we can solve the problem together. Using 'I' statements can help us to move from 'me' to 'you' and then to 'we'.

If we are feeling hurt or confused in a friendship, it is best to tell our friend how we feel and what we would like. This is where 'I' statements are so helpful. Then our friend can say how they feel and what they would like, and we can discuss and agree.

1) One person explains what has upset them and why. The other person responds with their feelings and reasons for these.	"I felt [...] when [...] happened because [...]"
2) Each person says what they heard the other person say about their feelings and reasons.	"I now realize that you felt [...] because [...]. Is that right?"
3) Each person says what they would like to change in the future.	"In future I would be glad if we could [...]"
4) Both people agree on what changes they will make.	"Yes, from now on we will [...]"



2. Friendship groups

People of all ages are influenced in good and bad ways by the values and behaviour of their friends. We call this peer pressure. Peers are people that we have something in common with, for example, if we are the same gender and age, and come from the same community.

Belonging to a friendship group can support us to feel good about ourselves, to do new things or stand up for ourselves. In a group we can protect each other from bullying. Working together and encouraging each other helps us to do better and become independent. We can talk about our choices, provide good role models, praise and motivate each other and challenge harmful practices. Support groups of people with similar challenges, such as HIV, or bereavement, can give us practical and emotional support.

However, when friends pressure us to do harmful things, it is not easy to stand by our ideals. We need to say clearly what we do and don't want. True friends do not pressure us to do things against our will.

Friendship groups may be unkind to people outside the group. We all need to practise the virtues of kindness and friendliness to everyone.



4. The virtue of friendliness

Making friends requires courage, assertiveness, welcoming body language, smiling, and kindness and caring about others. Friendliness is taking an interest in other people and going out of your way to make others feel welcome. Friendliness keeps you and others from feeling lonely or left out. Friendships don't just happen – they are made by people who are willing to be themselves with each other. Friendship helps us get up in the morning when we are feeling low and helps us to meet challenges in our lives. It is very important to us all!