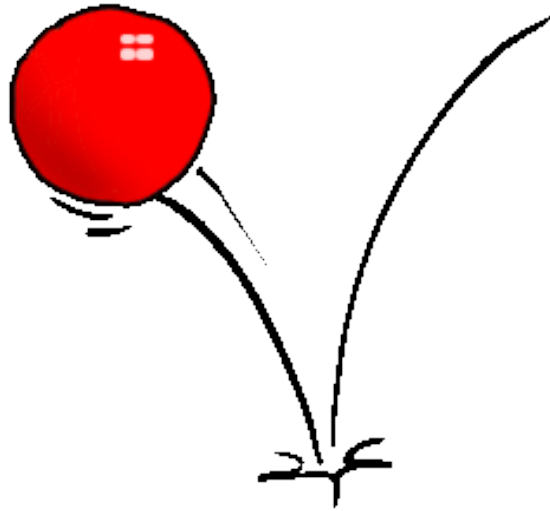


RESILIENCE 4 LIFE

2s1

October to December
2016



TOP TIPS

Session 1: Top Tips

Approaching difficult discussions

- Be polite and calm
- Be ready to compromise
- Ask if it's a good time to talk
- Ask them when they are happy / in a good mood
 - Never demand!

*Life is not about how fast you run
or how high you climb
but how well you bounce*

Vivian Komori

Session 9: Top Tips

Having a good journey through life

- Try your best and always be positive
 - Try new things
- Spend time doing activities you enjoy
 - Take every day as it comes
 - Be sensible
 - Follow your dreams
 - Just be yourself
 - Hang around people like you
- Don't be pressured into doing things that you don't want to do
 - Don't 'do' drugs
 - Live, laugh, love
 - Do what your heart says
 - Talk less, smile more

Session 2: Top Tips

How to keep an old friendship going while also developing new friendships or a romantic relationship

- Dedicate at least one night a week to be with the old friend
 - Introduce them to each other
 - Try to alternate your time with them
 - Talk to them about each other
 - Try not to neglect your friends
- Spend equal time with your friends and new relationship
 - Get to know the other person

How to survive or look after yourself when your friend makes new friendships or a romantic relationship

- Make other friends
- If you're being left out, talk to someone
 - Talk to your friend about it
 - Get to know the other person
 - Don't be clingy
- You may have to just suck it up if you don't like the new friend and you want to keep your existing friendship

Session 3: Top Tips
Repairing relationships

- Ask them what's going on
- Stay calm when you're talking to them
 - Try to be honest about your feelings
- Tell the truth if you've done something wrong
 - Explain and reassure the other person
 - Try to talk it out
- Try to make up for what you did wrong if you did something to damage the relationship

Session 8: Top Tips
Supporting your friend's choices and happiness

- Respect them
- Stick up for them
- Keep an open mind
 - Don't make a big deal out of the issue
- Don't pester them or be overly supportive
- If you don't like their choices, don't push your opinions on them
 - Don't 'diss' others for their preferences
 - Be there for them when they need it

Session 7: Top Tips

Group safety - looking after yourself and your friends

- Stick together
- Make sure someone knows where you are going
- Don't get distracted - keep an eye on your friends
 - Don't take advantage of anyone who is drunk
 - Stick with the person you are buddying - don't pass people on
 - Make sure your mobile is on / is charged / has credit
- Memorise a safe number in case of emergency
 - Call each other hourly
 - Limit the cash you take with you
 - Keep people safe
- Identify a place to meet each other again if you get separated

Session 4: Top Tips

What you should do and shouldn't do to end a relationship

Do:

- Speak to them alone
- Speak to them with someone you trust there with you (if you're afraid of how the discussion might go)
- Talk to them and try to make them understand why you want to end the relationship
 - Be polite and calm
 - Tell the truth
 - Try to stay friends after you break up
- Be respectful of each other after breaking up, in how you act and talk about each other

Don't:

- Be violent, threatening, mean or name-call them
 - Avoid them
- Disrespect them or gossip about them afterwards
 - Don't do it by text or email

Session 5: Top Tips

Being a good friend

Good friends:

- Listen properly to each other
 - Are trustworthy
- Try to help with problems
 - Make each other laugh
 - Stick up for each other
- Try to cheer each other up when down

Good friends don't:

Spread secrets or lies

Tell secrets without a friend's permission

Treat friends meanly

Disrespect each other

Session 6: Top Tips

Do's and don'ts of responding when someone ends a relationship with you

- Stay calm
- Vent safely about it -
eg: alone or to someone you trust
- Don't just ignore that person
- Try to be friends - maintain or create a friendship if you can
- Write a letter to your future self, saying why they broke up with you
 - Talk to someone about it
 - Don't post about it online
 - Don't get angry about it
- Don't disrespect the person online or in person
 - Deal with it!