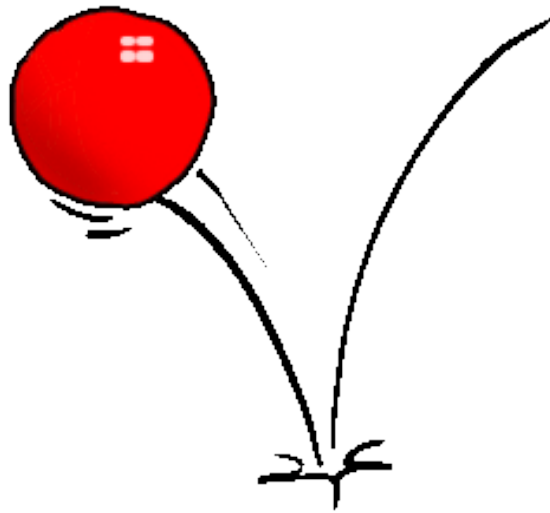


RESILIENCE 4 LIFE

2s2

October to December
2016



TOP TIPS

Session 1: Top Tips

Approaching difficult discussions

- Check that they are in a good mood first
 - Be polite - say please!
- Use small talk to start off the discussion
 - Be nice and helpful
 - Be complimentary
 - Come to a compromise
 - Talk calmly
- Respect the person's personal space

*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

- Always believe in yourself
- Follow your dreams and don't give up
- Keep trustworthy people around you
 - Stay determined
- Think before you speak / think before you act!
- Put yourself in other people's shoes rather than judging them
 - Have a good attitude and an open mind
 - Ask for help when you need it
 - Be good!
 - Try to do well in school
 - Be positive when things are negative
- Try to smile through good times and bad
 - Don't 'do' drugs

Session 2: Top Tips

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

- Invite them all to hang out with you
- Think of them equally and spend equal time with both the old and new ones
 - Include everyone
 - Make time for both

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

- Make friends with your friend's new friend / boyfriend / girlfriend
- Understand that they have the right to spend time with other people, not just you
 - Make new friends
 - Enjoy your time alone and treat yourself sometimes

Session 3: Top Tips
Repairing relationships

- Be honest
- Ask them to tell the truth about what's going on
 - Say sorry if you've done something wrong
 - Don't shout or argue
 - Be calm
 - Try to compromise

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

- Be there for them, support them and stand up for them
 - Respect their decisions
- Don't judge their choices, including ones about sexual preference
 - Help them through difficult situations
 - Cheers them up when they're sad
 - Reassure them
- Don't tell other people things about them that they want you to keep quiet about
 - Don't care about others' opinions
 - Don't treat them differently to usual
- Don't question them, make fun of them or tell them how to act
 - Accept any differences between you

Session 7: Top Tips

Group safety - looking after yourself and your friends

- Bring charged phones - and possibly a charger too
- Alcohol: either don't drink it / be careful about how much if you do decide to drink it / have at least one person in the group not drinking
- Bring money for taxis or have a designated driver
 - Have some money kept back for emergencies
 - Tell someone where you are going - preferably a trusted adult
 - Stick with your friends
 - Bring protection against STIs / unwanted pregnancy
- Look out for people pressuring you or your friends into doing things you don't want to do
- Avoid dangerous substances or taking anything if you don't know what it is or don't know the person who is offering it to you
 - Don't leave your drink unattended
 - Avoid arguments or fights

Session 4: Top Tips

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

Do:

- Stay calm and be respectful
- Gradually lead up to the subject
- Tell them you can still be friends
 - Keep it to yourself afterwards
 - Talk to them in a controlled way
- Say it face to face, not text or email

Don't:

- Be aggressive
- Send a friend to deal with the problem
 - Just ignore them
 - Argue, fight or be violent

Session 5: Top Tips

Being a good friend

Good friends:

- Help each other through sticky situations
 - Are trustworthy
- Keep things they tell you to yourself
 - Make friends happy
- Are there for each other at tough times
 - Support each other

Good friends don't:

- Judge each other
- Bring up stuff friends don't want to talk about
 - Spread rumours about friends
 - Tell each other what to do
 - Patronise friends
- Force friends to do things they don't want

Session 6: Top Tips

How to respond when someone ends a relationship with you

At the time:

- Be polite
- Be calm
- Talk to the person to try to make things okay, or better, even if the relationship is over

Afterwards:

- Talk to your mum or someone else you trust
 - Let it go!
 - Try to accept it
- Don't take things out on the person who ended the relationship, or on anyone else
 - Don't abuse anybody
 - Don't try to get revenge
- Don't eat your feelings - share them
 - Go to a place where you feel safe and can clear your head