

# RELATIONSHIPS

for PRIMARY SCHOOLS

Peer Support Australia gratefully acknowledges funding provided under the Australian Government National Suicide Prevention Program and the NSW Department of Health.

## KEEPING FRIENDS

Relationships are the connections people have with one another and are a significant contributor to positive mental health. The ability to initiate and maintain satisfying relationships leads to greater social competence.

Positive relationships with others are a significant contributor to positive mental health. Maintaining positive relationships with others provides a degree of protection in difficult circumstances. Friends provide added security to try something new and solve difficult problems. More importantly, they are vital to the process of having fun. Friends can share high points and they provide support in difficult times. Strong friendships, regardless of the quantity, are a contributor to building resilience amongst both the young and old.

**Keeping Friends** is an eight session peer led module that supports young people to develop the knowledge, skills and attitudes necessary to maintain friendships and interact with one another in a friendly and positive way. Keeping Friends is based on the premise friendship skills can be learned in a mutually supportive environment.

Keeping Friends provides students with opportunities to develop skills in maintaining positive friendships by learning how to play fairly, accept that friendships change, support each other and acknowledge that they may have a variety of friends.

*"We often choose friends who have qualities we value."*  
- Peer Support Australia, 2008

**Learning about relationships** is an important part of growing up. Friendships formed in the primary school years are significant indicators of adolescent social health.

Research suggests the quality rather than the quantity of friendships is the key to good mental health. It is very difficult for students to maintain a large number of close friends and often it involves personal compromise or sacrifice to satisfy so many other interests. However, those students who have a small group of close friends can easily move between friends while feeling free to establish new relationships with others.

*"Peer relations contribute substantially to both social and cognitive development and to the effectiveness with which we function as adults. Indeed, the single best childhood predictor of adult adaptation is the adequacy with which the child gets along with other children."*  
- Hartup, 1992

**Keeping Friends focuses on developing skills in:**

- Critical thinking
- Empathy
- Conflict resolution
- Assertiveness
- Relationship building



### What is covered in the eight peer led sessions?

- Session 1: Being Friendly
- Session 2: Cooperating and Listening
- Session 3: Types of Friends
- Session 4: Being Supportive
- Session 5: The Best Way to Play
- Session 6: Joining in with Others
- Session 7: Good Winners
- Session 8: A Better Friend

### Keeping Friends helps students:

- Identify qualities of friends
- Broaden friendship base
- Recognise the importance of friendship
- Become more welcoming of others
- Engage in positive play

Module Updated: 2008



### ORDER RESOURCES ONLINE

[www.peersupport.edu.au](http://www.peersupport.edu.au)

All prices are listed online. Schools will be invoiced for their purchase once an online order is received. All prices are inclusive of GST and postage.



### CONTACT US

Tel: 1300 579 963 Email: [office@peersupport.edu.au](mailto:office@peersupport.edu.au)

