

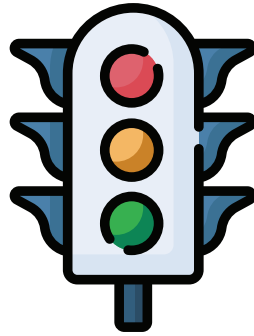
# What are the qualities of a good friend?

## Who is this resource aimed for?

This resource is aimed towards secondary students who are interested in friendship and how to maintain positive relationships

Friendships are often complicated and sometimes people may disagree. Sometimes friendships end because people drift apart and they may not want to spend time with one another. Maintaining friendships and relationships has been particularly hard during COVID-19 as there has been less opportunities to spend time with one another, and perhaps do the activities that were shared interests.

Have a look at the statements below and decide whether you;



- Believe it is a vital part of friendship
- That you may disagree but could still be friends
- That it would mean you couldn't be friends with that person

Have the same religious beliefs	Have the same political beliefs	Enjoy the same hobbies
Like the same people	Able to spend time together outside (such a to the park or going for a walk)	Enjoy playing computer games together
Not get bored with each other	Always have something to say to one another	Be able to enjoy the same food
Enjoy the same subjects at school	Have a similar upbringing	Able to spend time together watching TV

Can you think of your own examples of things that is a vital part of your friendships?

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Think of the things above that have been affected by COVID-19.

What things were affected by COVID-19?

How did you manage your friendships during COVID-19?

