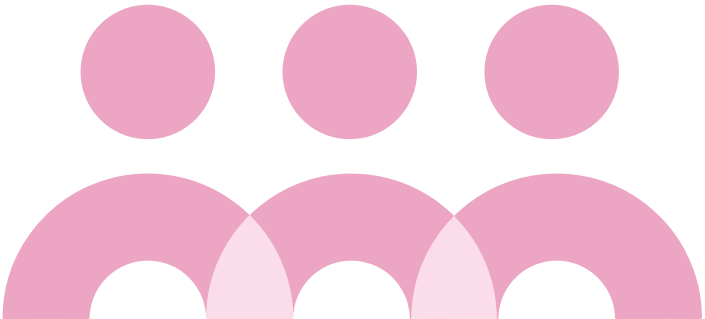
Self-reflection: what have you learnt from the learning series about healthy relationships?

1. What does it mean to be a good friend? Share some examples in words or pictures.

A good friend...

2. How can we resolve conflict? Write down methods you know or have learned about how to resolve an issue with a friend.



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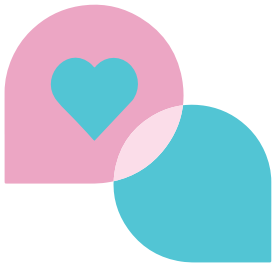
3. Did you find out anything new about yourself? E.g. I am calm, I can listen to others well, I sometimes react before taking time to think

4. What coping strategies can you use to support yourself in friendship groups?

5. What vocabulary have you learned that will help you describe how you feel?



6. What would you like to learn more about?

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7. Now we have completed this learning on relationships and friendships, is there anything else you would like to note down?

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