

Define:
Platonic Relationship

A friendship or relationship where there is no romantic, intimate or sexual feelings.

Friends and Colleagues.

Define:
Intimate Relationship

A relationship which can include a sexual attraction and sexual activity.

Boyfriend. Girlfriend, Married Couples

Define:
Familial Relationship

A relationships with someone who has a blood, kinship or legal tie to you.

Parents, Siblings etc.

Define:
Toxic Relationship

A relationship that has a negative impact on your mental health and self esteem.

| What makes a good friend? | |
|---|---|
| Good friends make you feel good | Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you. |
| Good friends listen | A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say. |
| Good friends support each other | If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out. |
| Good friends are trustworthy | If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental. |
| Good friends handle conflict respectfully and respect boundaries | A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again. |
| Friends not followers | In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy. |
| Good friendships go both ways | |

Signs of a Toxic Friendship

Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:

- They might say "brutally honest" things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Share things about you online
- Make you feel bad about yourself

What to do if you are in a toxic friendship

- **Remember: the problem isn't you:** Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you.
- **Talk to them about how their behaviour makes you feel:** Explain calmly and without accusation. Be specific, Tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising.
- **If they apologise, give them another chance:** If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on.
- **Make new friends:** Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help.
- **Don't retaliate:** It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them.

Define:
Bullying

Bullying is the repeated and intentional behaviours which cause harm to another person, either physically, emotionally or psychologically.

Define:
Banter


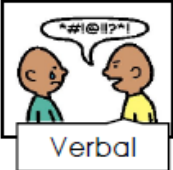



Banter is the playful exchange of teasing remarks and jokes between friends where all are in on the jokes and enjoy the exchange.

Define:
By-Stander

A person who doesn't actively engage in the bullying but watches and doesn't do anything to prevent it.

Define:
Bully

A person who engages in bullying type behaviour towards one or more people.

| Types of Bullying | |
|---|--|
|  <p>Physical</p> | The victim is physically and violently assaulted by the bully. This can include being beaten up, pushed and shoved or the physical taking of items from the victim. This sort of bullying is against the law and should be reported to the police. |
|  <p>Verbal</p> | This can include name calling, snide comments and the spreading of rumours; it can also constitute harassment in some cases which is illegal and should be reported to the police. |
|  <p>Emotional</p> | Psychological and emotional bullying is difficult to see, but can include the ostracization of the victim from a particular group, tormenting and humiliating the victim. |
|  <p>Cyber</p> | Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature, but can also include setting up of malicious websites or posting personal and embarrassing images and videos without the persons permission. |
|  <p>Specific</p> | This the term used to describe bullying based on an specific aspect of the victims identity such as homophobic, transphobic, Bi-phobic bullying but can also include racist bullying and bullying based on religion. All of these types of bullying are illegal. |

Dealing with Bullying

Remember that it is the victim that determines if they believe the behaviour is bullying not the bully.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Don't retaliate, try and ignore them if you can.
- Try not to react in front of the bully.
- Stay with trusted friends who will support you.

Dealing with Cyber Bullying

Cyber Bullying can be harder to handle as it anonymous and can impact all aspects of your life.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Report the bullying to the website and block the user.
- Do not Retaliate
- Screenshot evidence of the bullying.

Who Can you turn to for help and Support

| | |
|-----------------------------------|--|
| Parents or trusted family members | Teachers or school Staff |
| The Police | Friends |
| NSPCC | Helpline: 0800 800 5000 (24 hours, every day) nspcc.org.uk |
| Childline | Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk |
| National Bullying Helpline | https://www.nationalbullyinghelpline.co.uk/ |