

Treating People How You Would Like to Be Treated



Relationships are wonderful and really rewarding. However, they need work and can be challenging at times.

Try and think about the following questions when you think about one of your closest relationships.

1. What are the three ways you show your friend that you care about them?
E.g. "I play with them at lunchtime."

2. What are the three ways your friend shows you that they care about you? E.g. "They help me when I am stuck in class."

3. What is the best thing your friend has ever done for you?

4. What is the best thing you have ever done for your friend?

5. If your friend was unkind to you, what would you do?

6. If you were unkind to your friend, what do you think they would do?

Now that you have answered these questions, think about your answers. Is the relationship balanced? Are you as good a friend as your friend is to you?

If you think you are both the same and are both putting the same amount of effort into the relationship then that's great. However, if you think it is unbalanced (one of you is putting more effort in than the other), then think about how you could sort the relationship out and make it more balanced.

Do you need to put more effort in?

Does your friend need to put more effort in?

Speak to the adult you are with and discuss what you can do to make the relationship the best it can be.

Maybe your friend could fill this activity sheet in and you could then look at all your answers together?

Keep working hard at your relationships!

