

Activity ideas

Friends and families II

Five more discussion ideas on aspects of life and relationships.

1 Just good friends

Aim: to think about the nature of friendship, as opposed to a sexual relationship.

You will need: paper and pens.

Tell the group that you are asking them to think about the differences between a sexual relationship and a friendship. Ask each person to write down a feeling or action involved in any kind of relationship. Fold paper up and put it in an empty container. Hand this round a circle, inviting each person to pick out and read what is on the paper. Are the words more appropriate for a friendship, a sexual relationship or both? Ask each person to share their thoughts about what is written on their piece of paper. e.g. touching, anger.

2 People at school

Aim: to explore the range of relationships in the school setting.

You will need: flip chart sheets for each group member.

Give everyone a large sheet of flip-chart paper and ask them to draw a circle in the middle with the word "Me" inside. Then using lines going out from the circle, ask members to make a diagram of all the people they relate to at school. When this exercise has been completed, ask individuals to pair up and share with each other what kind of relationship they have with all the people on the diagram. Finally, a full group feedback would be helpful. (NB Remember to include Lollipop Patrol, Dinner Supervisor, Playground Helper, Volunteer Parents, Caretakers, Cleaners, etc.)

3 Making pies

Aim: to explore values and priorities.

You will need: paper and pens.

Ask each group member to draw a circle and call it a pie. They then have to divide the circle into parts of their lives, one part for friends, one part for family, another for things you do in your life, e.g. school, youth club and a fourth section for time you spend with material things, motorbike, cycle, computer, car TV, video, CD player. Is this your ideal situation or would you like to change any part of your life? Draw another pie with your ideal life and think of ways you can change it in the future. Share this one with one other person in your group.

Ask each group member to draw around their hand to create a 'helping hand' for coping with bullying onto the fingers they write names of three people they could talk to, and two actions that they could take to find support, and/or protection

4 What sort of time do you call this?

Aim: to talk about family relationships.

In a role play, act out a situation where a parent is out late and a young person is at home worried about what has happened to them. Talk about each of the roles and compare this to the situation of a young person returning home late.

5 Treasured objects

Aim: to think about adult aims in life.

You will need: to draw and cut out from magazines things that you feel adults long for in life; stick them around the room.

Ask the group to talk about how many they hope to have by adulthood. Discuss the feelings of those who will never be able to have these material things and look at how this can affect their stress levels and their health.

The activities are adapted from material in the *Accreditation Toolkit*, available from the UK Youth storefront. <http://stores.lulu.com/ukyouth>