

Grade 8 Life Orientation Worksheet

Relationships - ending unhealthy friendships

Passage to read and discuss

Read the following text.

There will be times that you make friends with somebody and that friendship does not last, or you do not want it to last. If you are in an unhealthy friendship it is best to end it as soon as possible. A true friend will care about you and look out for you and not want you to get into difficult or dangerous situations. Remember that friendships are based on mutual respect, trust and communication.

If you need to end a friendship, here are some helpful tips:

- Avoid getting into conversations with the person.
- Stop calling them just to talk.
- Start making new friends.
- If they ask you to go somewhere with them, say you aren't really in the mood to go anywhere. Don't lie and say you are busy. If you say that you are busy, they are going to try asking you some other time.

Remember that just because you guys aren't friends anymore doesn't mean you have to be enemies! Still be friendly to that person.

If the person starts questioning why you are not hanging around, tell the truth. But try to be nice. Say something like, "I just think we need a bit of a break to get to know other friends." Or if you don't want him/her to misunderstand and think there is a chance of becoming friends again, tell the person something like "I think that we have different interests and will be more comfortable with other friends."

Don't get into a fight with the person. This may lead to spreading rumours. If this person was previously a close friend, s/he most likely knows everything about you, including the things you would prefer others not to know.

- a) Divide into two groups.
- b) Talk about what an unhealthy friendship means and how it can affect your life.
- c) Talk about ways to end an unhealthy friendship in a way that is not hurtful to that person or to yourself.

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Your teacher will assess your participation in the group discussion using this checklist.

Checklist for observation of group discussion			
Name:		Date:	
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker politely?		
3	Show evidence of having understood relationship and friendships?		
4	Keep to the topic under discussion?		
5	Cover all the points listed above?		
6	Give reasons to support alternative points of view?		
7	Make points clearly using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes when applicable to remember points made by others?		
2 marks for every 'yes' answer: 20 total			

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Suggested Solutions

Question number	Possible marks	Solution
1	20	See checklist in Appendix of Assessment Tools.

Appendix of assessment tools

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