

# be awesome some **big** GO

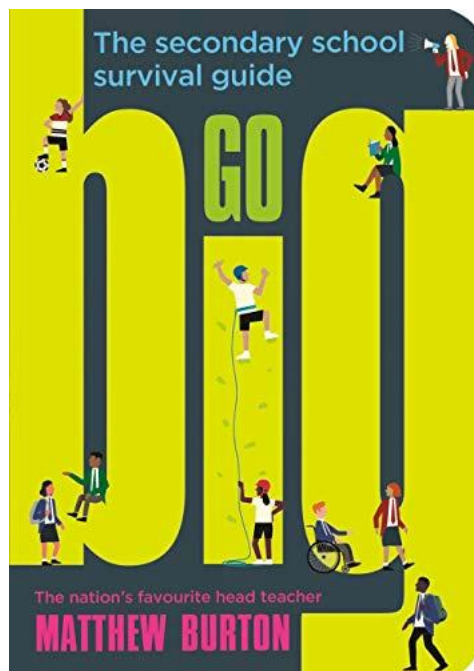
The word 'big' is rendered in a large, bold, orange font. A small blue figure is climbing the vertical stem of the letter 'b', and another small blue figure is running towards the bottom of the letter 'g'.

The PIXL Club Ltd in partnership with Hechette UK

## Friendships and fallouts



This section looks at ‘friendships and fallouts’ – one of the tricky areas of growing up. Here is Matthew to explain some more...



**At high school, you will make new friends and also still have old friends.**



**At times, friendships can be difficult...**

**You may have arguments and even change some friendships along the way...**



**But making good impressions will help you build new relationships with others.**

## Did you know that a first impression is very hard to change?

We therefore need to make good first impressions and be aware that people will be getting a first impression of you!



## Here are some top tips on making a good first impression at high school:

1. Be you – people want honesty from their friends!
2. Don't be afraid to make conversation.
3. Be nice – smile and look up.
4. Go to clubs that are to do with your interests – you'll bond with people there.
5. Give it time – it takes time to make friendships!
6. Don't force it – some things are not meant to be!
7. Be comfortable – meet people where you'll both be comfortable and can properly chat.
8. Use your lessons – if you're sitting next to someone, use it as a chance to chat  
(BUT NOT WHEN THE TEACHER IS OR WHEN YOU ARE MEANT TO BE WORKING).

# Friendships are important but sometimes they come and go...



...and this is OK. Sometimes we change; sometimes others change.

**What kind of friends do you want to have in high school?**

Make a list in your workbook.

**What kind of friend do you want to be to other people?**

Make a list in your workbook.

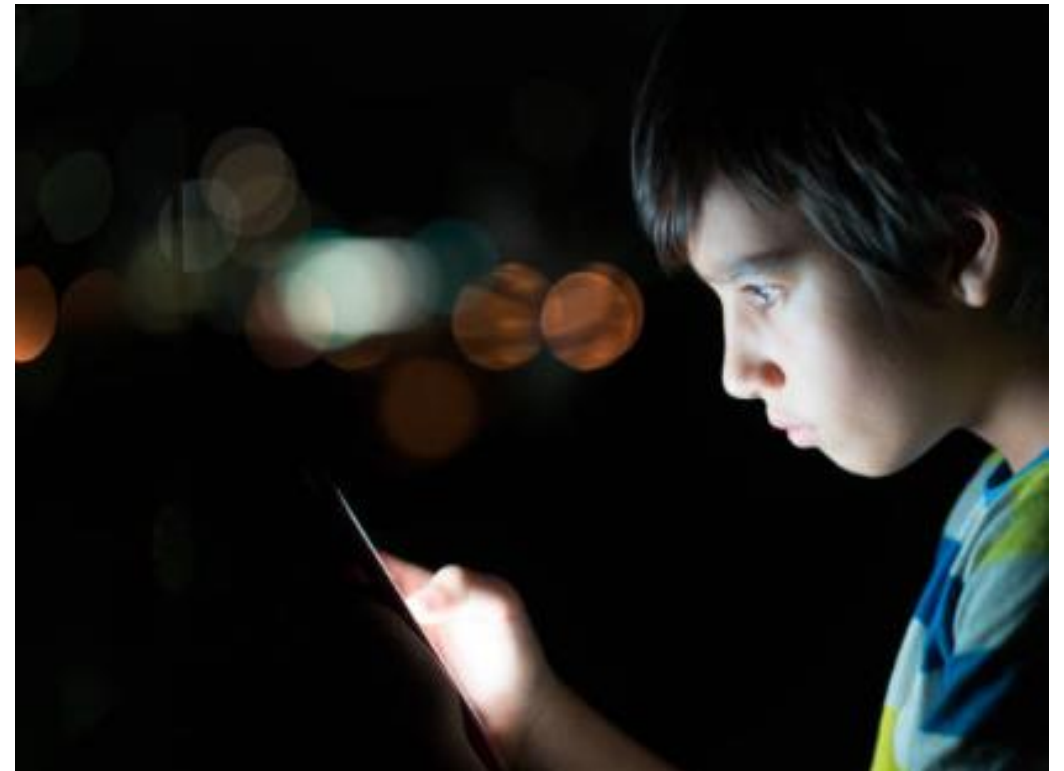


## Sometimes things can go wrong...

When using social media and technology, bullying can happen and it can make you or others feel upset, sad and really worried.

ALWAYS tell someone – your parents/carers, your tutor or someone else who you trust. Together, these things can be sorted out and teachers will know how to help you.

Don't ever forget what costs nothing and can make every single human being's life just that little bit better every day: KINDNESS.



Sometimes, some friendships are not always the most healthy for us.

**“Walk away from friendships that make you feel small and insecure, and seek out people who inspire and support you.”**

**Michelle Obama**

*American lawyer, author, activist and former First Lady of the United States*

**Always seek to BUILD OTHERS UP and not bring them down.**



**Throughout  
school and life  
we all change...**

**...this means our  
friends might  
change too.**



## Activity: Your friendships

- Who makes you laugh?
- Who is a good listener?
- Who can you trust?
- Who will give you an honest opinion?
- Who will help you get through the transition to high school?



Take this time of going to high school to meet new friends and feel excited.



## Enjoy being with people who make you happy.

Find people who are your type of people, who treat you right and respect you for being the person you are.

Why? Because you're brilliant, and you deserve to be respected.



# Find people who make you feel good.



Try to make other people feel good too.

Smile and be kind.

# Here is Gemma's take on friendships and fallouts:

