



HOME ACTIVITIES

HOME ACTIVITY 5

Straight Talk 4 Friendship Flare Ups

Being friendly and having friendships requires lots of skills. Think about what you've learned about friendships and take the quiz. The first one has been done for you.

	True	False
Friendship Flare Ups happen to everybody.	✓	
A Spark is a very big Friendship Flare Up.		
If a Friendship Flare Up happens, you can't do anything about it.		
When a Friendship Flare Up happens, pretend everything is OK.		
Friendship Flare Ups only happen if you are being mean or nasty.		
It's OK to ask someone to help if you have a Friendship Flare Up.		
A Fire is a big Friendship Flare Up.		
Ignoring Friendship Flare Ups can mean they keep on happening.		
Friends are not perfect people.		
A friend may not know that what they did, or said, hurt you.		
Learning what to do if a Friendship Flare Up happens is a good idea.		
If you practice dealing with Friendship Flare Ups it can get easier.		
Accept is one of The Triple A's 4 Friendship Flare Ups.		
Assert means that you are sticking up for yourself.		
Argue is not the best way to solve a Friendship Flare Up.		
Friends sometimes make mistakes.		

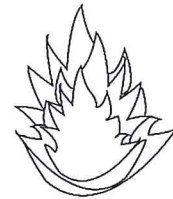
What do you need to do this week?
Practise Straight Talk!



Approach calmly and positively

Describe what the problem is

Ask **ASSERTIVELY** to STOP!



Did you get a chance to practise it out there in the 'real world' this week?

Yes No

Straight Talk is a Life Skill – it's not just for managing Friendship Flare Ups. Could you teach it to someone at home this week? Perhaps Mum, Dad, Nanna or your Uncle could benefit from using Straight Talk at work, or in their friendships. Think about the 3 behaviours that you've practised for Assert, and how you would describe them to the person you've chosen to teach.

1. Body language _____
2. Tone of voice _____
3. Choice of words _____

The secret to being a happy and successful HIGHWAY HERO at school, with your friends and with your family, is to choose a HIGHWAY TOOL when you hit a BUMP or a HAZARD! Here's a HIGHWAY HIGH FIVE for all your hard work!

