



caritas

diocese of hallam

promoting care and social action

Day 1: Good Shepherd Learning

Suggestions for Teachers in

Secondary Schools

Lent 2023





An Introduction for Teachers to Good Shepherd Learning

Relationships matter.

In fact, according to Harvard's famous longevity study that spanned over 80 years, it wasn't good genes, or physical fitness, or cholesterol levels that predicted long life... The defining factor for a happy, longer life was *how satisfied people were in their relationships*.

Which is why a key focus of the work of Caritas Hallam is on helping us, our young people and the wider communities within the Diocese to have Good Relationships.

So the proposed focus for Day 1 is **Learning about Good Relationships**, more specifically looking at:

- **What does a good relationship look like?**
(See page 3-4, with activities on page 5-6)
- **How can we be a good friend to others?**
(See page 7-9, with activities on page 10)
- **What does Jesus teach us about relationships?**
(See pages 11-13, with Catholic video suggestions on Page 14)





What does a good relationship look like?



A relationship is when we have a connection to someone. The best relationships are when there is also a **true friendship, as well as a connection**. This may or may not include members of our own family.

Studies point out that: Friendships = Happiness but ONLY if those friends have 'best friend' or 'close friend' status.

Surface-level relationships do not make us happy. We may have 500 acquaintances and other surface-level relationships, but without *some* deeper friendships, we are likely to feel unhappy and lonely.

In reality, almost all relationships start at Stage 1. Where we discover common interests, this can quickly develop into a Stage 2 (Peer Friend). Over time – and with an investment of effort and the gradual build up of trust – a few of those will become Close Friends. But Best Friends are very special indeed. (See next page for a simpler slide)

4: Best Friend	Very few	Highest level
3: Close Friend	Small number	Much more
2: Peer Friend	Many	Some
1: Acquaintance	Unlimited	Little to none
Stage:	How many can we maintain?	Level of Trust needed:



What does a good relationship look like?



Good Relationships offer us friendship, as well as a connection.

Friendships = Happiness

but ONLY if those friends have 'best friend' or 'close friend' status.

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Stage:	How many can we maintain?	Level of Trust needed:

Take a moment to think about the friendships you have in your life.



Activities: What does a good friendship look like?

Activity 1: In Common

A game for breaking down barriers. Students are put in small groups, ideally with a mix of children they aren't already friends with. That group then has to find seven (or whatever number you want) things that they all have in common. Not only do they learn a lot about each other, but they also find out that they have more in common with those from different social groups than they thought.

Activity 2: The Face of Friendship

A brainstorming activity – best done in pairs. Use the features of the human face to capture some key characteristics of good friendships. There is a printable sheet you can use on page 6.



Activity 3: The Worst Relationship Ever

A light-hearted activity! Relationships are often damaged by people's decidedly *unfriendly* behaviour, and Matilda the Musical is full of very foul characters indeed. Use this short (but fun) Netflix trailer to spark the imagination of your students. Together, conjure up a pen-picture of a fictitious candidate for a made-up competition: the Worst Relationship Ever! <https://youtu.be/lroAhsDr2vl>



Activity 2: The Face of Friendship



Use the features of the human face to inspire a list of characteristics for a good friendship:

Eyes: A good friend...

Ears: A good friend...

Mouth: A good friend...

Nose: A good friend...





How can we be a good friend to others?



Knowing *how* to be a good friend is something we have to learn *over time*...

Good Relationships need:

- **Time – *lots of it*.** Time gives us the chance to get to know one another and to build trust. Trust needs to develop on both sides, and this will only ever happen gradually.
- **Trust – *which is earned over time*.** Trust is needed before you can relax and be open and honest with people, and show them the ‘real you’. Trusting people makes us feel vulnerable, so this trust really must be earned. Do not trust people that do not have your best interests at heart.
- **Openness and honesty – *which also makes us feel vulnerable*.** To allow close relationships to develop (and only a few will develop to this extent), people need to be given the chance to know and love our ‘real’ selves, and that means allowing ourselves to be vulnerable. Being our real selves means being open and honest about who we are, as well as our mistakes and challenges. It may make us feel vulnerable, but being able to share this with a trusted someone also makes us feel accepted and really happy.



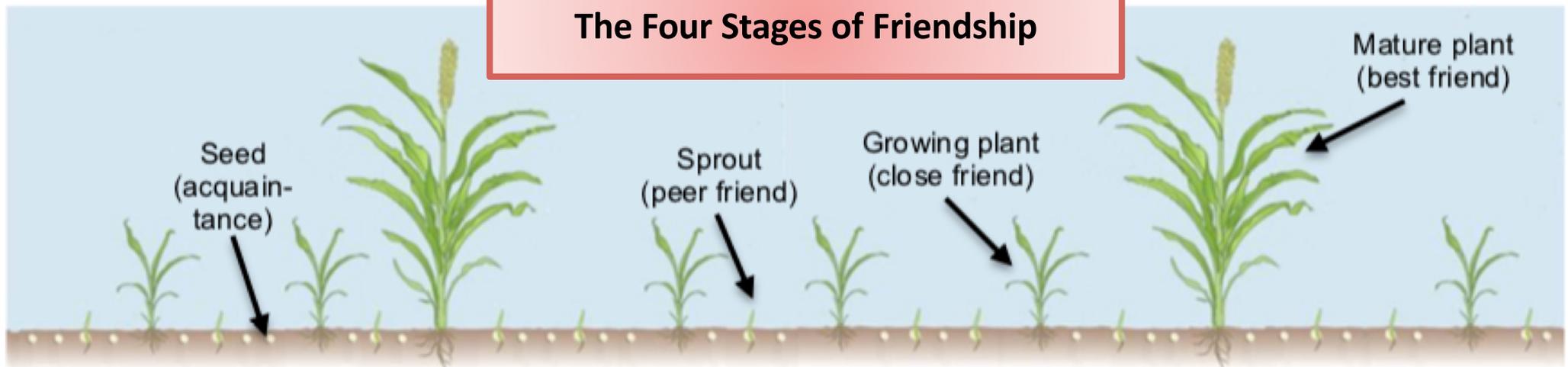
Sowing the seeds of friendship



An acquaintance is like a seed. You plant lots of them in the ground, but you don't really see or know which ones will sprout and which ones won't. A peer friend is like a small sprout, a close friend is like a strongly growing plant, and a best friend is like a mature, well-established plant. You invest more in these 'bigger' relationships, and you have far fewer of them as a result.

Sow acts of friendliness – these are your seeds! Kind words, just saying “Hi”, showing an interest in others, and being helpful are simple things you can do *every day* to show people that you are a friendly person. Seeds of friendliness *grow friends*... Seeds of unfriendliness (unsurprisingly) don't.

The Four Stages of Friendship





Things to avoid if you want to be a good friend...

All friendships are grown over time, and with trust. But there are a lot of ways that trust can be destroyed – and often the friendship dies with it.

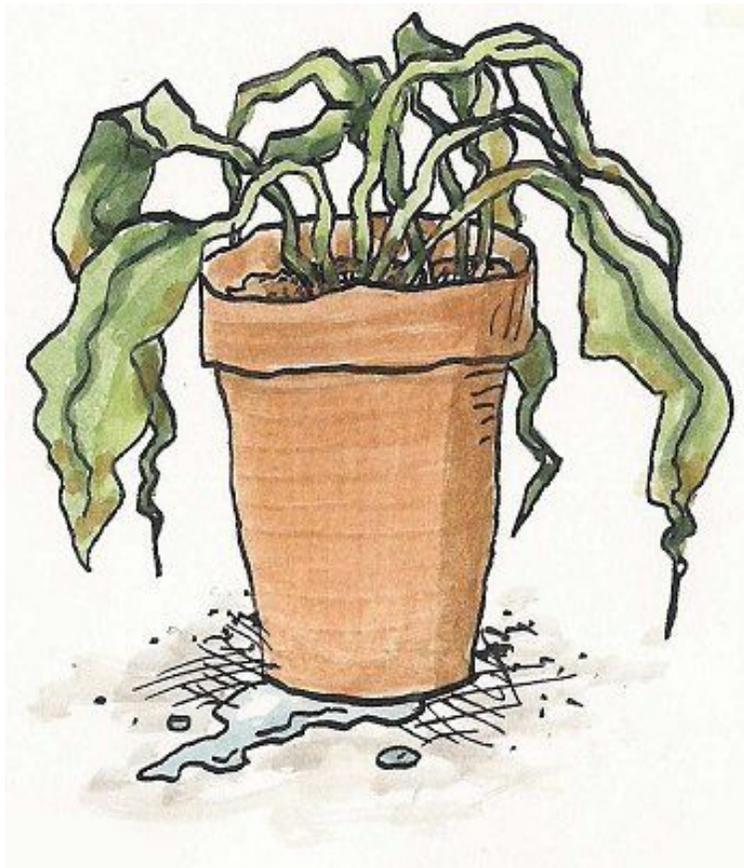


Common culprits for destroying trust and relationships:

- Being unkind
- Having a hot temper
- Gossip and betraying secrets
- Whispering
- Unforgiveness
- Jealousy

But we are human, and we all make mistakes. If you make a friendship mistake, avoid destroying your relationship entirely by taking the following steps:

- Own your mistake (don't blame others)
- Say sorry (and show that you are genuinely sorry)
- Learn from it (and don't do it again)





Activities: How can we be a good friend to others?

Activity 4: The Positivity Game

This game can be done a number of different ways. Students can sit in a circle and toss a beanbag to each other, or they can just name the next person to get a turn. Regardless, the point is for each student to get say something positive to another pupil in the class. Get sowing those seeds of friendliness!

Activity 5: Grace Matilda – a Musical Project Storyline

This is part of a storyline for a teenage musical – yet to be written. Can you help to develop the storyline?

Grace Matilda is a people pleaser, with friendship issues. She goes to a Secondary School, and her opening scene is the playground at lunchtime. The track for the scene is: **Sharks**, by *Imagine Dragons*. You can find a YouTube of the track (with lyrics) here: https://youtu.be/MOmci_42gS8

Your students are invited to help define Grace Matilda's friendship issues, how this playground scene would unfold for the audience, and other storyline decisions. This is a live project, so please submit your storylines. (See separate document - Grace Matilda, the Musical Step 1 – for full details).





What does Jesus teach us about our relationships?



Jesus has much to teach us about relationships... The guidance below is just from the Gospel of St Matthew:

- **The Golden Rule:** *“So whatever you wish that others would do to you, do also to them” (Matthew 7:12)*
- **Love one another:** *“You shall love your neighbour as yourself” (Matthew 19:19)*
- **Honour your father and mother:** *“For God commanded, ‘Honour your father and your mother’” (Matthew 15:4)*
- **Don’t judge others:** *“Judge not, that you be not judged. For with the judgement you pronounce you will be judged, and with the measure you use it will be measured to you”. (Matthew 7:1-2)*
- **Forgive one another:** *“For if you forgive others their trespasses, your heavenly Father will also forgive you”. (Matthew 6:14)*
- **Watch what you say:** *“And he called the people to him and said to them, “Hear and understand: it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person” (Matthew 15:10-11)*
- **Love your enemies:** *“I say to you, love your enemies and pray for those who persecute you” (Matthew 5:44)*



What does Jesus teach us about our relationships?

You reap what you sow... So, sow seeds of friendliness!

The Golden Rule:
"So whatever you wish that others would do to you, do also to them"

Relationships within our own families are often the hardest, but we are still called to be obedient to our parents – and always respectful

Love one another

Honour your father and mother

More damage is done to our relationships by the things we say, than what we could possibly do with our fists... so think before you speak!

Don't judge others

Forgive one another

Nothing in this world is more important than a person's soul... So pray for them, whoever they are.

Watch what you say

Love and pray for your enemies





An extra word about Forgiveness:

“For if you forgive others their failings, your heavenly Father will also forgive you...”



Matthew 6:14

Relationships are tricky, and literally *everyone* will make mistakes.

Peter asked Jesus how often it is necessary to forgive, and Jesus replied, “Seventy-seven times” (Matthew 18:22). This number is to be taken symbolically (not literally!) for the *never-ending* way that we ought to forgive.



And why? Because *not* forgiving is a very heavy burden for us to carry too... Rather like filling your backpack full of massive, heavy rocks... So **choose to forgive**. Not because they necessarily deserve your forgiveness, but because you don't want to carry around that extra weight. And if you need help to forgive, pray for it.



Useful Videos about Good Friendships:



True Friendship vs Toxic Friendship *with Taylor Tripoli*

(Ascension Presents) - 5:41 mins

https://youtu.be/13HyvyOIU_Y



How to Get Real Friends *with Fr Mike Schmitz*

(Ascension Presents) – 7:02min

https://youtu.be/mn_iHMu_xjQ

“A faithful friend is a sturdy shelter; he that has found one has found a treasure. There is nothing so precious as a faithful friend, and no scales can measure his excellence.”

Sirach 6:14-15

