

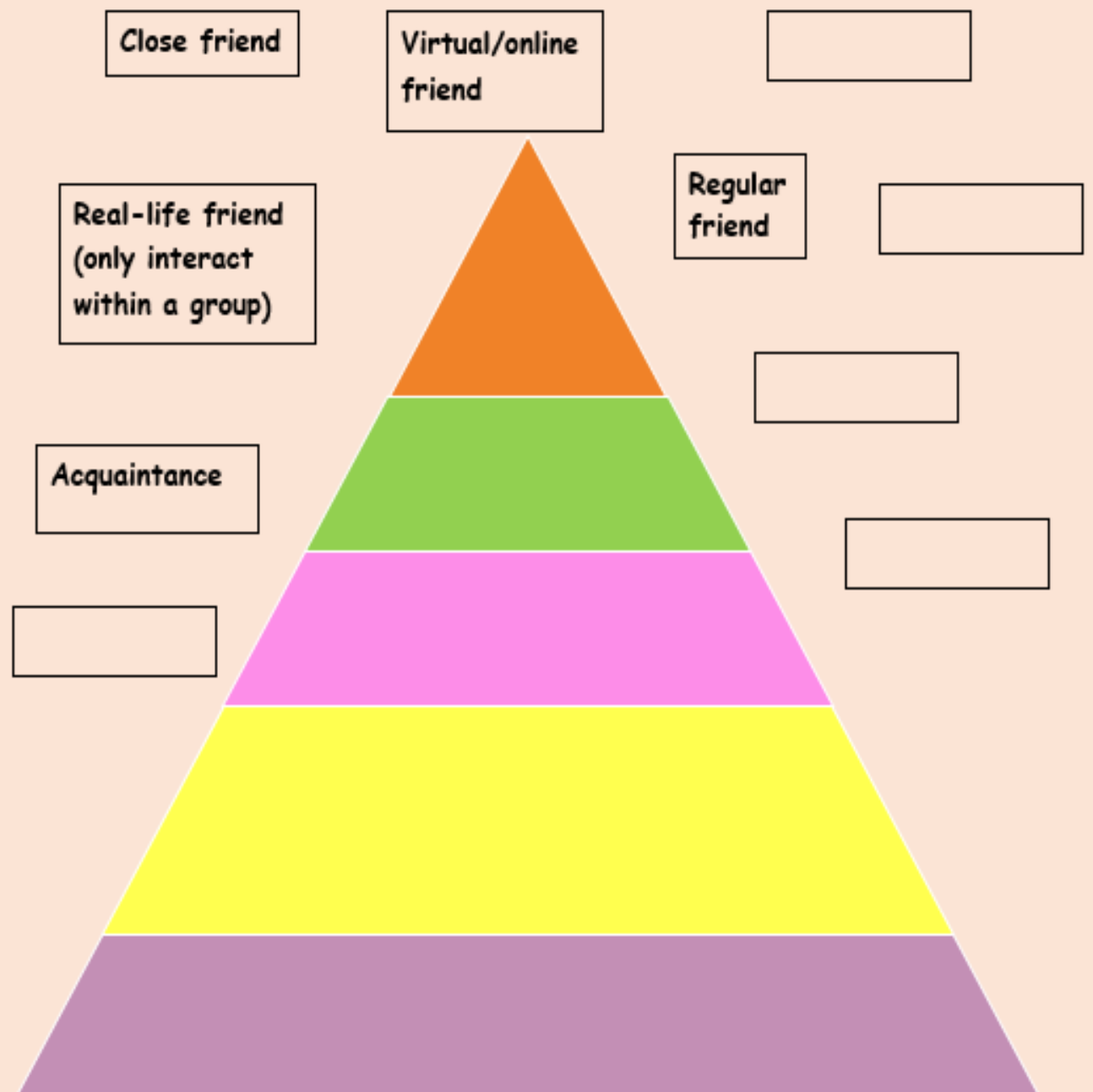
Types of Friendships/relationships

Inspired by 'The Independent Woman's Handbook for Super Safe Living on The Spectrum' by Robyn Steward

Around the pyramid there are labels with different types of friendships on. You can use the sheet below to discuss what each type of friendship might mean. You can also create your own labels.

Order the labels, on the pyramid, from least close/important friend (at the bottom) to most close/important friend (at the top)

We will use this pyramid/triangle to discuss what relationships with different types of friends may be like



Addition to Types of Friendships Activity: What do you value most in a friendship/relationship

Using the pyramid visual again, discuss the labels below, which might be desirable characteristics in a potential friendship/relationship.

Again, personalise the examples below to suit you.

Have fun

Kindness

Be supportive

Good listener

Good talker

Trust

Share an interest



Talking about shared interests

Not wanting the other person to have (other) friends

Being jealous of the other person

Sometimes we argue



Wanting to spend all your time together

Respecting their space if they don't want to talk or hang out

I always give them advice



Holding hands

Asks me for money

Tells me what to do

Makes fun of me

Making each other laugh

Having no other friends

Is a good listener

They get into trouble at school