

Life Skill Workshop

# **FRIENDSHIPS**

**As we gather here today,  
we acknowledge we are on  
Treaty 6 Territory and the  
Homeland of the Metis**

# OUTLINE

---

- Discussion
- Learning
- Activity
- Take-away
  - Phone Directory

There will be scheduled breaks throughout the workshop but if you need to get up to move your body, go to the washroom, grab a snack or some water please do.

---

# FASD & FRIENDSHIP

---

- Sensory issues
  - Peer Pressure
  - Touch
  - Dysmaturity
  - Reading Emotions
  - Receptive and Expressive language
  - Secondary Challenges: Anxiety
  - Lack of Judgement
  - Ownership
  - Memory
  - Interpreting Social Cues
  - Difficulty finding reciprocal friendships
  - Perseveration
-

# FASD

---

No two people are affected by FASD in  
the same way!

---

**What makes a  
friend?**

# FRIENDSHIPS

---

- Respect
  - Trust
  - Understanding
  - Someone you can be yourself with
  - Laughter
  - Connection
  - Reciprocity
  - Acceptance for who we are
  - Positivity
  - Someone you can go to community activities with
-

# Relationships

---

- Neighbors
  - Family
  - Animals
  - Landlords
  - Romantic partners
  - Nature
  - Teachers
  - Elders
  - Coworkers
  - Support workers
  - Children
  - Shop owners
-



**What is a  
healthy  
friendship?**

# HEALTHY FRIENDSHIPS

---

- I am allowed to say No
  - I am allowed to say Yes
  - Healthy relationships withstand disappointment
  - Healthy relationships embrace differences
  - Mutual Support
  - Makes you happy
  - Help you learn about yourself
  - Feels safe
  - Try to work it out even if we make mistakes
-

**What is an  
unhealthy  
friendship?**

# UNHEALTHY FRIENDSHIPS

---

- A person uses violence to get their way.
  - A person uses anger to scare the other person.
  - A person forces the other person to do things.
  - A person uses bribes to get what they want, bribes like; – Money – Food – Special treatment
  - You aren't feeling respected
-

# ROLE MODELS

---

- These can be friends, or they can also be people we don't know
  - They can be religious or spiritual, a fictional character or a famous person, a community member or a teacher
  - It's a person we want to "become" more like
  - We can use role models to teach us how to communicate
  - Positive role models can also demonstrate how to maintain friendships
-

# PHONE DIRECTORY

---

Sheet used to keep track of:

- Friends' names
  - Phone numbers
  - Birthdays
  - Other important dates
-

# ROLE PLAY

---

Making a phone a phone call to a friend to invite them over for coffee/tea:

“Hi, is this \_\_\_\_\_ ? It’s \_\_\_\_ calling, how are you doing?”

**Pause** and **Listen** to their response

“I was wondering if you’d like to come over for a coffee or a tea on Tuesday afternoon?”

**Pause** and **Listen** to their response

“Yes” - “Ok, great. I’ll see you then!”

“No” - “Ok, maybe another time.”

---

# COMMUNICATION SKILLS

---

- Listen to your friend
  - Accept difference in opinions
  - Limit Conversation time.
  - Say a friendly goodbye.
  - Advocate for yourself if you feel you are being taken advantage of
-



# *Role Play:*

**Telling someone  
when they've hurt  
your feelings**

*Role Play:*

**Avoiding/ignoring  
someone who's  
causing trouble**

*Role Play:*  
**Negotiation**

# CONFLICT

---

- Conflict is a normal part of having relationships with people
  - There can be times with friends or family are upset with you, this doesn't mean that you are a bad person.
  - It's important to listen to what the person is saying. Ask them to slow down or repeat it.
  - If we have done something to hurt another person it can be a good idea to say sorry
  - Understand how FASD may affect others and accept that there are some things you cannot change.
  - Work with your friend or family member to understand each other
-

# LONG-TERM FRIENDSHIPS

---

- Routine and consistency: Seeing your friend once a week, or calling them once a week etc.
  - Noticing important dates in their lives: Birthdays, anniversaries, death of a loved one
  - Negotiation
  - Reciprocity
-

**FAITH**

**ABILITY**

**STRENGTH**

**DETERMINATION**

# RECAP

---

In this workshop we discussed healthy and unhealthy friendships, we did role play on the different parts of a friendship, and discussed negotiation and reciprocity in friendship

---

# Next Workshop: “Future”

November 19<sup>th</sup>, 2019

In the next workshop we will discuss goal setting and planning for our futures!



# SUPPORT

---

- One-on-one education
  - Discuss your challenges and strengths
  - Create strategies you can use in your daily life
  - You can access for as long as needed
-

# Riki

**306-975-0877**

**programs@fasdnetwork.ca**

We would like to thank the NIB Trust Fund  
for funding this program