Life Skill Workshop

FRIENDSHIPS
As we gather here today, we acknowledge we are on Treaty 6 Territory and the Homeland of the Metis
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
- Laughter
## 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
Sheet used to keep track of:

- Friends’ names
- Phone numbers
- Birthdays
- Other important dates
Making 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
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.
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
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