



*'AS HIGH TUNSTALL LEARNERS WE  
INSPIRE ONE ANOTHER BY GETTING  
INVOLVED, BEING IMAGINATIVE AND  
ENJOYING CHALLENGES*

*AS HIGH TUNSTALL LEARNERS WE  
SUPPORT ONE ANOTHER BY SHOWING  
RESPECT, BEING POSITIVE AND  
HAVING PRIDE IN OUR COMMUNITY*

*TOGETHER, AS HIGH TUNSTALL  
LEARNERS WE CAN ACHIEVE*

*THE HIGH TUNSTALL LEARNER – EMBRACE  
EVERY OPPORTUNITY'*



## CONTACT US

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The High Tunstall guide to ...

# FRIENDSHIPS SUPPORT



# WHY ARE FRIENDSHIPS IMPORTANT?



You can have different types of friends or you may struggle with loneliness. On top of that, during lockdown you may have lost contact with friends, or had 'fallings out, or you may be anxious about re-engaging with friendship groups. Some friends are good for having a laugh with, or sharing your favourite hobbies. And other friends can be there when you want to pour your heart out. The number of friends you have isn't important. What matters is having friends that you're close to, who can support you and who won't try to hurt you or bully you. You might be a young carer and have less time to make friends, or you may feel shy in front of other people. But these things don't have to stop you making friends. The following acts as a guide as to what you can do to support your wellbeing and development in this particular area ...



## WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

For more information please speak to your tutor, Year Leader of SSO. If you would like any further advice and guidance in school please speak to Miss Gunn or Mrs Hillyard. Mrs Hillyard leads on friendship issues and anti-bullying at HTCS and works specific days each week. To arrange contact with her please see your HoY or SSO.

## METHODS OF SUPPORT

### HELPFUL WEBSITES

**Tootoot:** Tootoot makes it simple for you to report anything from bullying to a mental health concern. The simple-to-use app makes it easier for students to speak-up and gives them confidence that their concerns are being taken seriously. You all have login details.



**Childline:** The following website offers useful tips, forums etc. related to making friends and strengthening friendships. Please visit <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>



### HELPFUL APPS

**MeeTwo:** The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



**Motivation – Daily Quotes:** Quotes can seem kind of cheesy sometimes, but the right quote at the right time can give you the boost you need. This app contains thousands of quotes for any time, place, or mood, including sadness, focus, friendship, studying, and much more.



### TUNNY TOP TIPS

- Be empathetic – use understanding and listening rather than insincere sympathy
- Use your body language – think about being open in your body language when friends are talking to you and don't seem bored or defensive
- Get out there – don't shut yourself away. Get talking and meeting people either face-to-face or virtually
- Start conversations and make sure you listen to others
- Be kind and complimentary