



# Discussion points for: Exploring Friendships

## About this episode:

Friendship is a vital part of our lives, and it's filled with complexities, joys, and challenges. The podcast you have just heard takes us through different perspectives and experiences related to friendship, trust, bonds, and more. Let's explore these ideas together and learn from one another. Use the following questions as a starting point, and feel free to share your unique thoughts and experiences!

## Discussion Questions:

- A student compared friendships to a mystical relationship and said, "friends are the families that we choose." What do you think about this statement, and how does it resonate with your experience with friends?
- The speakers mentioned the idea of trust being foundational in friendships. How do you build trust with a friend, and what can break it?
- Some speakers reflected on different levels of friendship and the "spectrum" of relationships from acquaintances to best friends. Do you agree with this perspective? How do you define various levels of friendships in your life?
- It was said that you don't have to talk to someone every day to be friends with them. Do you feel the same way? What defines a true friend for you?
- The speakers discussed the idea that friendships can break and how it's a part of life. Have you ever experienced a friendship breakdown? How did it affect you, and what did you learn from it?
- There are different ways males and females perceive friendships. Do you agree with these observations? How does gender affect friendships in your experience?
- There were insights into how making friends can be natural or require effort. How do you approach making friends? Do you have any tips or experiences to share about forming new connections?
- The conversation touched on the sadness that comes with broken friendships. How can one cope with losing a friend, and what support systems are important in that process?
- Friendships across different genders were also explored. How do you view friendships between males and females? What makes them unique or similar to friendships within the same gender?
- As young people in various stages of development, how do friendships evolve as you grow older? What differences have you noticed in friendships from earlier years, such as year seven, compared to now?

These thought-provoking questions can lead to a deep and engaging conversation. Remember, there's no right or wrong answer; it's all about sharing and learning from each other. Enjoy the discussion, and let's continue to value and cherish the friendships in our lives!