

1: Confidence

Confidence comes from feelings of well-being, acceptance of your body and mind (your self-esteem) and belief in your own ability, skills and experience. Confidence is an attribute that most people would like to possess. Greater self-confidence allows you to experience freedom from self-doubt and negative thoughts about yourself. Experiencing more fearlessness and less anxiety. Greater confidence makes you more willing to take smart risks and more able to move outside your comfort zone. Having greater freedom from social anxiety.

Tips for building confidence:

1. Look at what you have already achieved
2. Think of things you are good at
3. Set goals
4. Talk yourself up
5. Take up a hobby

3: Communication

Good communication involves understanding requests, asking questions and relaying key information. Good communication skills are essential to allow others and yourself to understand information more accurately and quickly. Poor communication skills lead to frequent misunderstanding and frustration.

Example's of good communication skills

- Listening. Being a good listener is one of the best ways to be a good communicator.
- Nonverbal Communication.
- Clarity and Concision.
- Friendliness.
- Confidence.
- Empathy.
- Respect.

5: Big Think Question

A big think question tests the skill of evaluation. Evaluation means to judge or calculate the quality, importance, amount, or value of something. In this case it means to judge the arguments for and against a statement.

You will be asked to give explained reasons why some people would agree and explained reasons why someone would disagree. You will also be asked to give a justified conclusion which means you should link back to the question and briefly state your final reflection on which argument you think is strongest and why.

2: Managing Relationships**Healthy friendship qualities**

Equality - equally put their time and effort into the friendship

Respect - acknowledge and support each other

Trust - be able to confide in each other

Encourage a healthier you – supportive of your ideas of positive change

Honour your additional friendships

Unhealthy Friendship qualities

Inequality – one person taking advantage of the other

Constant criticism - constant negativity

Distrust - being fearful to tell your secrets because they would share them

4: Conflict

Conflict is defined as a serious disagreement between individuals arising out of a difference in thought process, attitudes, understanding, or interests. Conflict can result in heated arguments, physical abuses and definitely loss of peace and harmony. A conflict can actually change relationships. Friends can become enemies as a result of conflict.

How to manage conflict:

- Take a few deep breaths
- Count down from 10
- Accept your feelings and explain how you are feeling in a calm way
- Listen to those you have a disagreement with

6: Online Safety

Being safe online means individuals are protecting themselves and others from online harms and risks which may jeopardise their personal information, lead to unsafe communications or even effect their wellbeing

- Keep personal information limited
- Keep your privacy settings on
- Practice safe browsing
- Make sure your internet connection is secure
- Be careful what you download
- Choose strong passwords
- Make online purchases from secure sites
- Be careful what you post