

ACTIVITY 4

Coping with disconnection and difference

Does a disagreement mean a connection is broken? This activity explores themes around broken connections, disagreement and difference, and helps students to consider their own friendships and relationships.

NB: Be particularly aware of care-experienced students, adopted students and those in kinship care during this activity, and students who may have limited contact with parents or other family members.

- Does an argument or disagreement mean the end of a friendship? Connections change all the time. They can get stronger, or can get stretched and torn.
- Share an example of disconnection, and how it was mended. This could be an example from history, such as [The Christmas Truce](#), or a personal example. Emphasise that the nature of relationships are changing and evolving. They don't stay the same. They may be full of small events which are disruptive and repairing.
- Start a discussion around disconnection, posing the following questions:
 - Are there times when you feel disconnected from those around you? How do you cope with that?
 - What do you do to repair and restore things when a connection to someone who matters to you is lost? It can be really hard to find ways to reconnect.
 - What are the first steps we can take to try to repair a broken connection with someone? When might you seek help from someone else to support you through this?
- What happens in families, or at home, when someone gets annoyed with someone else. How long does it last, how do they 'make up'. What makes an apology sincere?
- Does disagreement mean that friendships are broken? Can you have a different point of view from your friend and still be friends? How does it work when you and your friend don't agree, but are still friends? Can you be friends with someone even if they are really different from you?



This activity is designed for 11-14 year-olds, but could be used with other age groups too. To differentiate or extend the content, refer to our other activity ideas.

Optional extension activity

- As an extension to this activity, share videos with students of unlikely friendships (see ideas below) and discuss:
 - What were the differences between them and the other person?
 - What is it that connected them?
 - Do you need to have lots in common in order to make a meaningful connection with someone?
 - Have they ever not made a connection because they thought there were too many differences between them?



Video ideas (or you could find your own)

[Finding an unexpected friendship at 82](#) 

[Parole officer, former inmate forge unlikely friendship](#) 

[Former EDL Member Transformed By An Unlikely Friendship](#)  (watch from 3:21 onwards)

