

Are We Really Friends?

An activity of Stories of Casual Racism

Before you do this activity, go to <http://more.whatsapp.sg/> and read "What it means to be friends".

- 1) From the article you read and its illustration, identify three instances of when someone is being a good friend.

a)
b)
c)

- 2) The following are a jumble of traits that describe a True Friend and a False Friend. Insert "✓ YES!" in every box that describes true friendship. Insert "✗ NO!" into boxes that describe false friends.

The image shows 20 colored boxes arranged in a jumble. Each box contains a trait. The traits are:

- Hurts your feelings on purpose (Red)
- Is supportive and helpful (Yellow)
- Is inclusive (Cyan)
- Gossips about you behind your back (Red)
- Is rude and disrespectful (Yellow)
- Enjoys being with you (Cyan)
- Is respectful of your feelings (Orange)
- Makes you feel unsafe around them (Yellow)
- Encourages you to be yourself (Orange)
- Puts you down (Cyan)
- Tries to control you (Orange)
- Doesn't care about your opinion (Red)
- Makes you feel bad about yourself (Orange)
- Tells the truth (Yellow)
- Won't tease you to make you feel bad (Red)
- Makes use of you (Yellow)
- Likes you just as you are (Cyan)
- Talks to you directly if there's a problem (Orange)
- Purposely excludes you (Cyan)
- Makes you feel good about yourself (Red)

- 2) Write a letter to a friend who, without knowing it, hurt you. Tell him/her how you feel about your friendship. Do not use his/her real name. You might wish to consider the following in your letter:
- Share the purpose of writing the letter.
 - Share specifically why you felt upset. You may also wish to extend forgiveness to him/her.
 - If it is written to a true friend, share your appreciation and thank him/her for whatever you value about the friendship.

Do not give the letter to your friend. Instead, reflect on what it felt like to write the letter. Writing down our thoughts and feelings can help us to see more clearly what is happening.

Dear _____ ,

Your friend,