

5. A youth magazine is running “The Best Friend of the Year” competition and has asked its readers to write compositions describing their friends. Write a plan for your composition.

LESSON 7.

Toxic friendship

Communicative area: predicting, giving advice

Active vocabulary: control, toxic

1. Look at some definitions of the word *toxic*. What does toxic friendship mean? Can you describe it?

I don't know, Pete. I just keep getting this feeling that you might be bad for me.



- something that can kill you
- something dangerous
- something unhealthy

2. a) Read Rosie's friendship story she wrote for a Teen Ink magazine. What kind of friend did Rosie have?

All through elementary school, we were best friends. We sat together in class, went out, shared secrets. But one September day, that came to an end. I decided to sit with some other girls at lunch. She didn't like me eating with anyone else. She asked me who my friends were and if I was loyal, but later, I caught her talking about me with another girl. I suddenly understood how unhealthy our friendship was. I saw that she had been controlling me for two years.

You know what makes her kind of bullying so dangerous? It's difficult to notice. Bullying isn't always

a fight over lunch money or laughing at someone's clothes. It can be as simple as being instructed (not asked) to wait for her, or falling out when you choose to play another sport or sit at a different lunch table. When you start to do things not because you want to, but because someone is telling you to, there's a problem.

She wanted me to feel lower, and it worked. I had times thinking really bad about myself. I cried almost every day. Until one day, I just saw it all.

b) Discuss the questions below.

1. Why does Rosie call this kind of friendship bullying? 2. What did Rosie's toxic friend do to make her feel bad? 3. Is it ok for a friend to control your behaviour? 4. Why do you think she was doing it?

3. a) Rosie has given an interview at the local radio station. Before you listen, look at the questions below and try to predict the answers.

1. What did Rosie do next?
 - a) talked to her parents
 - b) studied harder
 - c) took up a hobby
2. Who told her the story of their toxic friendship?
 - a) her mum
 - b) her dad
 - c) Nick
3. What kind of toxic friend was it?
 - a) naughty and controlling
 - b) loud and nosy
 - c) a boring couch potato

4. What kind of motto did Rosie create to help her?
 - a) Know who you are!
 - b) Get up and fight!
 - c) Be yourself, love yourself!
5. Are the girls still friends?
 - a) Of course, not.
 - b) No, but they still talk sometimes.
 - c) Yes, it's better to have a toxic friend than have no one to talk to.
6. Has her toxic friend changed?
 - a) People don't change.
 - b) She's become Rosie's true friend.
 - c) She's found a new friend to bully.

 **b) Listen to the interview and check your predictions.**

c) Do you think Rosie did the right thing? What would you do if you had a toxic friend?

- 4. a) Look through the list of things toxic friends do. Find some points that are not about a toxic friend.**

Toxic friends

- 1) tell you to do something (not ask you to do something);
- 2) don't keep your secrets;
- 3) feel bad when you are sharing good news;
- 4) tell adults about your plans to run away;
- 5) talk about you behind your back;
- 6) make funny jokes about you;
- 7) call you names;
- 8) tell you new jeans look bad on you;
- 9) watch where you go and what you do;
- 10) make you feel bad about yourself;
- 11) keep telling you what you did wrong;

- 12) always try to compete with you (about marks, clothes, friends etc);
- 13) forget about your afterschool plans;
- 14) try to copy your clothes and behaviour;
- 15) don't let you have other friends;
- 16) make fun of your clothes and appearance;
- 17) yell at you.

b) Look through the list again and count how many points are true for your friend. Is your friendship toxic?

c) What advice can you give to those who have toxic friends? Why should one end toxic friendship?

5. Now tick the points that are true for how you behave with your friends. Are you a toxic friend?

6. Unjumble the saying below. Is it true?

in it alone than to be bad better company is

LESSON 8. The story of friendship

Communicative area: telling a friendship story

Active vocabulary: friendship

1. How many new words can you make with the base FRIEND?

Example: *friend* → *friendship* → ...

2. In pairs talk about when and where you first met your best friend.