

## Transcript of Tricky Friends Video

[Music playing]

[Man speaking 'Having good friends is one of the things...that can make life really great']

[Cartoon of a man imagining his friends who are giving him a thumbs up]

[Text on screen 'Good friends can make life great']

[Man speaking 'But friendships can be tricky']

[Text on screen 'Friendships can be tricky']

[Man speaking 'and even a good friend...can make us feel bad sometimes']

[Cartoon man seeing sad images]

[Text on screen 'Even a good friend...can make you feel bad sometimes']

[Man speaking 'so it's good to talk about our friends...with our carers and our family']

[Cartoon man talking on mobile phone to professional and relatives]

[Text on screen 'So it's good to talk...with our carers...& our family']

[Man speaking 'It's wise to talk about the kinds of things that you do together']

[Cartoon man and his friend talking and walking together]

[Text on screen 'It's WISE to talk...']

[Man speaking 'It's nice to share good memories']

[Cartoon of two women chatting on a park bench]

[Text on screen 'It's NICE to share...']

[Man speaking 'And it can be really helpful to get some advice']

[Cartoon of a Father and Son sitting at a table having a hot drink and a chat]

[Text on screen 'It can be really HELPFUL to get advice...']

[Man speaking 'If you don't think your friends are making you happy right now']

[Cartoon zooms into images and shows the kettle on the table]

[Man speaking 'These are some of the things that you should talk about with your carer...before it reaches boiling point']

[Cartoon kettle shows steam rising from its spout]

[Text on screen 'Some of the things you should talk about...before it reaches boiling point']

[Man speaking 'If a friend plays a trick on you...or tries to make you angry...and then says that it's all a joke']

[Cartoon of a person with a piece of paper stuck to their back that says Kick Me! Then that person looks sad but their friend says it was only a joke]

[Text on screen 'It was only a JOKE!']

[Man speaking 'If they call you names you don't like...either face to face or online']

[Cartoon of man looking unhappy as a speech bubble shows some symbols to represent a rude word being spoken to him, followed by some images of computers, mobile phones and other speech bubbles also showing symbols indicating rude words]

[Man speaking 'If someone asks you to share pictures or videos with them over the internet']

[Cartoon of a woman at a computer showing a man asking 'what do you look like' and other images of cameras, mobile phones and symbols around the screen]

[Man speaking 'Or if a friends wants to use your cash card']

[Cartoon of a woman opening her purse and a man taking out her cash card, then another image of that man putting the card in his pocket and holding some bank notes in his hand]

[Man speaking 'Something else that's good to talk about is if your friend asks to borrow something...and then doesn't bring it back']

[Cartoon of a woman wearing a music device and headphones and another woman pointing to it, then the other woman leaving wearing the device and headphones]

[Man speaking 'Or...if they bring people to your house...that you don't know, without your permission']

[Cartoon of a man at his front door and his friend is holding it open. There are some people outside about to come into the house]

[Man speaking 'It's good to have some rules about what a friend is and isn't allowed to do']

[Cartoon of two friends making a list of rules]

[Text on screen 'It's good to have some RULES...about what a friend IS & ISN'T allowed to do!']

[Man speaking 'A good friend should never refuse to leave if you ask them to']

[Cartoon of a woman sitting on the chair while another woman is pointing at the door, then she is being dragged to the door and pushed out of it]

[Text on screen 'A good friend should never...refuse to leave when you ask them to!']

[Man speaking 'or ask you to look after something...or even deliver it somewhere...without telling you the truth about what it is']

[Cartoon of a person giving a bag to another person, followed by that person standing in front of a front door to deliver the bag, followed by an image of the bag with a question mark on it]

[Text on screen 'A good friend should never...ask you to look after something...or even deliver it...without telling you the truth about what it is']

[Man speaking 'They shouldn't take money without asking...or make you pay things for them...like food or alcohol']

[Cartoon of a piggy bank of savings being opened and money falling out, followed by a few images of food, alcohol and cigarettes]

[Text on screen 'A good friend should never... take money without asking... or make you pay for things for them...']

[Man speaking 'They should never make you feel scared...out of control...or like you can't say no...when they want you to do something']

[Cartoon of a person standing at a door with 'Do not enter' sign on it, the person has thought bubbles with a question mark and exclamation mark above their head]

[Text on screen 'They should never make you feel...Scared...Out of control...or like you can't say no']

[Man speaking 'A good friend should never ask you to keep secrets about the way they behave']

[Cartoon of two people, with one of the people motioning for the other to keep quiet with their finger over their lips in 'shh' gesture]

[Text on screen 'A good friend should never ask you to keep secrets about the way they behave']

[Man speaking 'Talking about faithful friends, with friends and family, is a nice way to relive some of your favourite memories and make sure your friends are still being good friends']

[Cartoon of two people talking with thought bubbles showing images of some of their memories together, playing computer games, football and handing over some money, the other person is showing a concerned thought bubble with an exclamation mark', followed by just the two people talking with them both giving a thumb's up]

[Text on screen 'Make sure your friends are being good friends']

[Man speaking 'An important thing to remember is that a good friend is someone that makes you feel safe...someone that makes you laugh...and is interested in the same kind of things that you are']

[Cartoon photographs showing friends having a nice time together]

[Text on screen 'A good friend...makes you feel SAFE...Makes you LAUGH...Is interested in the same things']

[Man speaking 'So to finish, just remember...that it's great to have friends']

[Text on screen 'It's great to have friends']

[Man speaking 'but if they do or say anything that makes you feel bad...you should talk about what's going on with someone you trust, like a family member, neighbour, keyworker or anyone else who provides you with support']

[Text on screen 'Talk about what's going on with someone you trust...a family member, neighbour or keyworker']

[Man speaking 'and if you can't find someone that you feel you can trust...in County Durham you can always call 03000 267979 and speak to someone who can help']

[Text on screen 'If you can't find someone you can trust, in County Durham you can always call 03000 267979 and speak to someone who can help. Durham Safeguarding Adult Partnership']