BONDING

Facilitating intergenerational solidarity and learning through building friendships between youngsters and elderly

Module II

1. What is Befriending?

1. Understand what befriending is.

2. Define befriending practices/ services.

3. Identify the benefits of befriending for the young people, the elderly people and the community.

4. Identify the roles of the young and the elderly in the befriending context.

5. Acknowledge the significance of befriending for the your people, the elderly people and the community.

Befriending – What is it?

- ❑ Befriending is acting as or becoming a friend to someone, especially in case s/he is in need of help or support.

- ❑ Usually befriending targets young people and elderly people.

http://www.wowamazing.com/wp-content/uploads/2015/11/young-man-elderly-woman-visiting-1080937-print.jpg

| Befriending-What is it? | Image Tab 2 | Image Tab 3 | Image Tab 4 | Image Tab 5 |

| Tab 1 | Tab 2 | Tab 3 | Tab 4 | Tab 5 |

Befriending services – What are they?

❑ Befriending services are part of the social landscape in several countries inside and outside Europe, provided by individuals from various backgrounds to a range of groups such as children, parents and elderly.

❑ They are increasingly perceived as central to healthy ageing strategies, through the prevention of social isolation and loneliness.

❑ However, they remain rather unknown in several countries that are missing out on this valuable potential resource.

https://c8.alamy.com/comp/2AC1F1P/young-asian-man-and-woman-helping-wheelchair-bound-senior-man-stand-up-and-walk-2AC1F1P.jpg

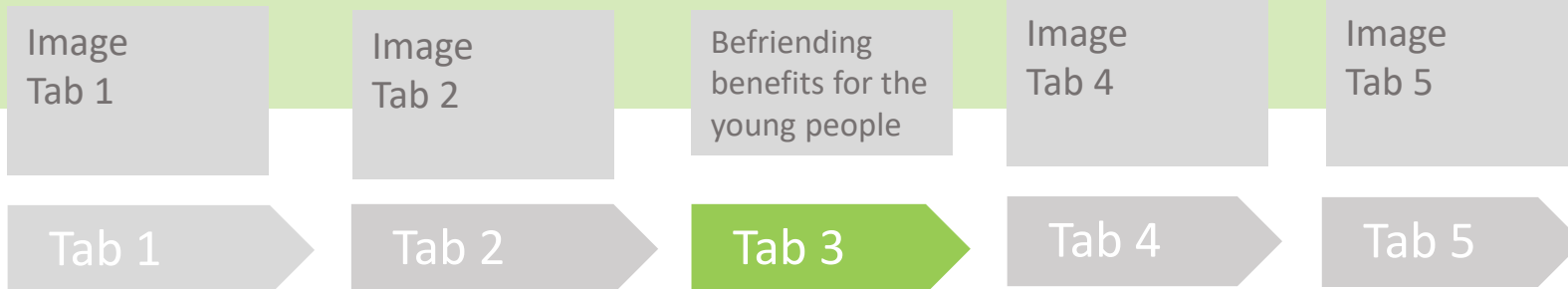| Befriending- What is it? | Befriending services | Image Tab 3 | Image Tab 4 | Image Tab 5 |

Tab 1 Tab 2 Tab 3 Tab 4 Tab 5

Befriending helps young people to:

- ✓ boost their self-esteem
- ✓ enhance their sense of purpose
- ✓ acquire new knowledge
- ✓ cultivate a range of skills
- ✓ foster their sense of initiative
- ✓ have fruitful networking opportunities
- ✓ have meaningful education and work experiences
- ✓ become active citizens through (life long) volunteering and social activism
- ✓ become agents of solidarity and positive change for communities across Europe, inspired by EU values and a European identity.
- ✓ develop civic identity, as leaders and changemakers, and become more socially and politically throughout their youth and adulthood.

https://media.istockphoto.com/photos/teamwork-picture-id91811021?k=20&m=91811021&s=612x612&w=0&h=wZjOMb08Rk1FLtJgSx6LxNbV48WuZtCefHonZTjlsBk=

| Image Tab 1 | Image Tab 2 | Befriending benefits for the young people | Image Tab 4 | Image Tab 5 |

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Note: You can add as many tabs as you want. See example: https://bit.ly/3wP5bqH

Befriending helps the elderly people to:

- ✓ overcome loneliness
- ✓ face social isolation
- ✓ ensure their social inclusion
- ✓ have meaningful human experiences
- ✓ become lifelong learners
- ✓ promote solidarity
- ✓ get involved in intergenerational learning
- ✓ cultivate a culture of caring

https://media.istockphoto.com/photos/group-of-senior-retirement-friends-happiness-concept-picture-id660654876?k=20&m=660654876&s=612x612&w=0&h=TbdZiYA_mLUR1S1cI4-oiX_fKrfZQaKqP2f0gObdQc=

| Image Tab 1 | Image Tab 2 | Image Tab 3 | Befriending benefits for the young people | Image Tab 5 |

| Tab 1 | Tab 2 | Tab 3 | Tab 4 | Tab 5 |

Note: You can add as many tabs as you want. See example: https://bit.ly/3wP5bqH

Befriending helps the community to:

- ✓ Facilitate youth volunteerism
- ✓ Motivate young people to support the elderly as among the most vulnerable members of their communities.
- ✓ Combat age stigmatisation
- ✓ Promote active and healthy aging
- ✓ Raise awareness on the importance of intergenerational solidarity and learning
- ✓ Have young people being engages to volunteering and the elderly remaining actively
- ✓ Foster engagement
- ✓ Strengthen trust
- ✓ Build a sense of unity among the community's diverse members
- ✓ Grow recognition to promote social inclusion of older people

https://c8.alamy.com/comp/TB3JXC/full-length-portrait-of-young-volunteers-helping-an-elderly-people-isolated-on-white-background-TB3JXC.jpg

| Image Tab 1 | Image Tab 2 | Image Tab 3 | Image Tab 4 | Image Tab 5 |

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Befriending works in different ways:

- ✓ Face to face meetings
- ✓ Home visits
- ✓ Out-doors visits (parks, events, markets, etc.)
- ✓ Online meetings/ communication
- ✓ Telephone communications
- ✓ One to one
- ✓ Dyads
- ✓ In groups
- ✓ etc.

https://media.istockphoto.com/photos/seniors-in-the-community-center-picture-id155148710?k=20&m=155148710&s=612x612&w=0&h=CabY5BdcE7Wxa-c94KC0hPJBtkakjpYnRBzCyW6-C2s=

489582795

https://media.gettyimages.com/photos/senior-man-having-coffee-with-friends-picture-id489582795?s=612x612

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Tab 1	Tab 2	Tab 3	Tab 4	Tab 5	Tab 6

1. Love and interest for the other
2. Respect
3. Effective communication/ good communication skills
4. Good listening skills
5. Honesty
6. Politeness
7. Kindness
8. Friendliness
9. Reliability/ Commitment
10. Enjoy having fun

https://media.istockphoto.com/photos/seniors-in-the-community-center-picture-id155148710?k=20&m=155148710&s=612x612&w=0&h=CabY5BdcE7Wxa-c94KC0hPJBtkakjpYnRBzCyW6-C2s=

https://thumbs.dreamstime.com/b/delighted-elderly-woman-making-phone-call-distance-communication-delighted-positive-elderly-woman-holding-bill-smiling-103417712.jpg

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1. Love and interest for the other

Love an interest for the other is highly important in a brefriending relationship. Love and interest build trust, bonding and self-flourishing. They create an atmosphere of collaboration, warmth and happiness.

jpeg;base64,/

1 2 3 4 5 6 7 8

2. Respect

Respect is significant in befriending. The befrienders should have respect for each other, in the sense that they admire each other for their abilities, qualities, views, achievements, etc.

Having and showing respect for and to one another builds trust, collaboration and well-being.

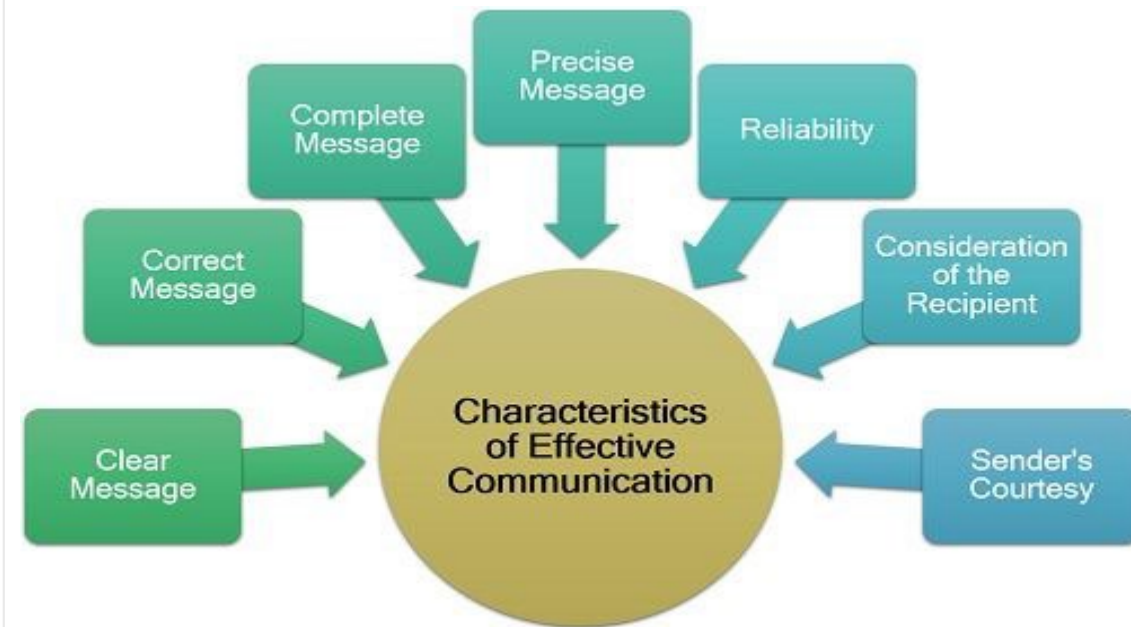https://blogs.socsd.org/ceckert/files/2013/02/resize.png

1 2 3 4 5 6 7 8

3. Effective communication/ good communication skills

Mastering good communication skills in order to achieve effective communication skills is key to successful befriending.

Effective communication entails chatting, discussing, **exchanging ideas, thoughts, opinions, knowledge, and data, etc. In ways that the message(s) is(are) received and understood with clarity and purpose**.

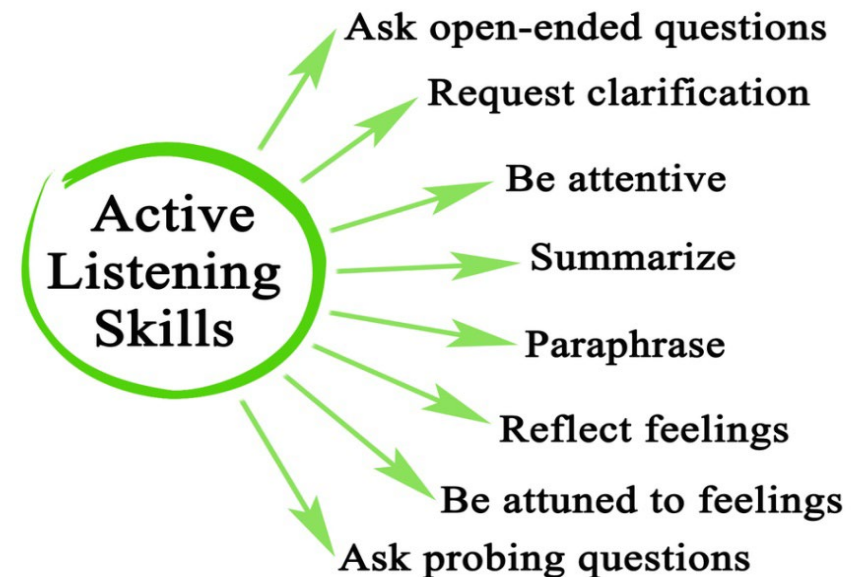In effective communication settings, both the sender and receiver feel satisfied.

https://theinvestorsbook.com/wp-content/uploads/2018/11/Characteristics-of-Effective-Communication.jpg

1 2 **3** 4 5 6 7 8

4. Good listening skills

Good listening skills is a traid of a good listener. TO be a good listener is means to have an eye contact, avoid distructions (etc. mobile phone, side activities, etc.), make use of body language in better communicating the message(s), showing you are listening, providing comments and feedback. A good listener builds relationships and is trustworthy.

Ask open-ended questions
Request clarification
Be attentive
Active Listening Skills
Summarize
Paraphrase
Reflect feelings
Be attuned to feelings
Ask probing questions

https://careers-in-sport.co.uk/wp-content/uploads/2020/05/Listening.jpg

1   2   **3**   4   5   6   7   8

5. Politeness

To be polite is a must in a befriending relationship. It is a respectful and considerate behaviour for the other person.

Some polite things to say are listed below:
- ➢ Please.
- ➢ Thank You.
- ➢ You're Welcome.
- ➢ Pardon Me.
- ➢ Excuse Me.
- ➢ I'm Sorry.
- ➢ May I Help You?
- ➢ I Would Like... / May I Please Have...?

https://thumbs.dreamstime.com/b/word-writing-text-manners-cost-nothing-business-concept-no-fee-expressing-gratitude-politeness-to-others-keyboard-key-137981713.jpg

1 2 3 4 5 6 7 8

6. Honesty

Telling your own truth is the utmost in honesty which is another hey to successful befriending. Speaking and acting truthfully builds trust and strong relations.

https://www.clemmergroup.com/wp-content/uploads/2014/06/honestyintegrity.jpg

1   2   3   4   5   6   7   8

7. Kindness

Kindness is a significant quality. Being kind means being friendly, generous, and considerate. A kind person is a person everybody love, respect and appreciate and everybody want in their lives.

1   2   3   4   5   6   7   8

8. Friendliness

Being friendly is another key to successful befriendling. A friendly person, is the person who is kind, warm and nice to the others and who shows goodwill. Friendliness is also about saying kind words to other people and doing kind actions to/ for the others.

what's the opposite of friendliness?

hostility, unfriendliness, hatred, aloofness, coldness, malevolence, incompatibility, animosity, antagonism

Thesaurus.plus

https://thesaurus.plus/img/antonyms/425/friendliness.png

1   2   3   4   5   6   7   8

9. Reliability/ Commitment

To be reliable and committed it means to be loyal and able to be trusted. It means to be consistently a person of good qualities, to keep your promises, do what is expected and thus be trustworthy.

https://miro.medium.com/max/477/1*RBUv0RG6tvmJDJFjTY4hEA.jpeg

1 2 3 4 5 6 7 8

10. Enjoy having fun

Having fun is key in the context of successful befriending. When having fun, we experience enjoyable activities that enable us to we fill out hearts and lives with joy. Having fun gives us space to be spontaneous, forget about our worries, focus on enjoying moments and making amazing memories. Having fun boosts happiness, relaxation and well-being as well as collaboration, bonding and self-esteem.

https://t4.ftcdn.net/jpg/00/64/80/61/360_F_64806143_LcZwrbSngYeHrhVaNLn1GJVFEcMbuy75.jpg

1   2   3   4   5   6   7   8

8. Conversation starters for the first meeting

1. Make a compliment

2. Ask about their preference/ likes/ favourites in drink, food, books, movies, music, etc.

3. Talk about the weather

4. Talk about the place you are

5. Talk about breaking news of the day/ period

https://thumbs.dreamstime.com/z/young-women-old-senior-talking-together-woman-sad-144764021.jpg

https://media.istockphoto.com/photos/two-generations-grandfather-and-grandson-talking-under-covid-masks-in-picture-id1268720918?k=20&m=1268720918&s=612x612&w=0&h=tK0CSRDlA6-pzPZpBEMuQZF0bnRAsd_rXoY0f9zQ-vY=

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Tab 2

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Tab 8

Type the correct answers in the boxes

Befriending helps communities to establish l_____ l_____,
v_____ and i_____ l_____.

Life long learning, volunteering and intergenerational learning

By engaging in befriending, young people boost their s____ e_____, their
sense of p_____ and their sense of b_____.

Self esteem, sense of purposes and sense of belonging

By engaging in befriending, elderly people manage successfully to face
l_____ and i_____.

Loneliness and isolation

Instructions
Match the befriending benefits with the target group

Youth

Elderly

Community

Combat isolation

Foster their sense of initiative

Boost self-esteem

Have fruitful networking opportunities

Cultivate volunteering

Combat age sigmatization

Ensure social inclusion

Combat loneliness

Instructions
Match the statements with the Dos and the Don'ts in successful befriending

DOs

DON'Ts

Be in a rush

Be polite

Be a good listener

Miss the meetings

Be kind

Be reliable

Multiple Choice Question

QUESTION 1: *Indicate which of the definitions below is not a working definition of BEFRIENDING*

Possible answer(s)	1. Befriending means to act as a friend to somewone. 2. Befriending means to become a freind to someone. 3. Befriending means becoming close to someone, especially in cases s/he is in need to support. 4. Befriending means pretending to care for somewone, especially when s/he needs help.
Correct answer(s)	Congratulations! Your answer is correct.
Response to correct answer(s)	That's right!
Response to wrong answer(s)	Not quite right. The correct answer is "4"

True / False Questions

QUESTION 1: *Which of the following statements regarding the befriending benefits in the community is correct?*

Possible answer(s)	1. Befriending services are part of the social settings in several countries. 2. Befriending services are not related to healthy ageing strategies 3. Befriending services fail regarding the prevention of social isolation. 4. Befriending services may not face loneliness.
Correct answer(s)	e.g. True
Response to correct answer(s)	e.g. Congratulations! Your answer is correct.
Response to wrong answer(s)	Not quite right. The correct answer is "1"

- Zolyomi, E.(2019). Peer Review on "Strategies for supporting social inclusion at older age. European Commission. https://bit.ly/3bnp8w0

- European Commission (2021). Green Paper on Ageing: Fostering solidarity and responsibility between generations. Brussels, 27.1.2021 COM(2021) 50 final

- Stjernberg, M. (2020). Healthy and active ageing is more important than ever. Northregio. https://bit.ly/38repyE

- ILO (2020). Youth & COVID-19: Impacts on jobs, education, rights and mental well-being. https://bit.ly/3eYlZnB

- European Commission (2020). Europe's moment: Repair and Prepare for the Next Generation. https://bit.ly/3el8Nu0 Youth & COVID-19: Impacts on jobs, education, rights and mental well-being. https://bit.ly/3b3Ik1R

- European Economic and Social Committee (2012). Opinion of the on the Communication from the European Economic and Social Committee and the Committee of the Regions. Communication on EU Policies and Volunteering: Recognising and Promoting Cross-border Voluntary Activities in the EU COM (2011) 568 final. https://bit.ly/3ejZPgz

- Become a befriender – https://www.befriending.co.uk/about/become-a-befriender/

- 99 Mindful Conversation Topics For Deeper Connections - https://www.thegoodtrade.com/features/conversation-topics

- 25 Conversation starters – https://conversationstartersworld.com/250-conversation-starters/

- 19 Conversation Starters to Help Avoid Awkward Interactions –

- https://www.aarp.org/home-family/friends-family/info-2022/conversation-starters.html

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