

Friendship or Support?



Children
deserve
both.

Helping adults protect both belonging
and healthy boundaries.



Friendship naturally includes helping.

Support naturally includes caring.

But they are not the same relationship.



FRIENDSHIP

- ♥ Built on choice
- ♥ Mutual
- ♥ Shared interests
- ♥ Flexible
- ♥ Enjoying time together
- ♥ Both can say yes or no



SUPPORT

- ♥ Built around access
- ♥ Reliable
- ♥ Planned
- ♥ Consistent
- ♥ Professional responsibility
- ♥ Makes participation possible

REMEMBER



Children deserve
dependable support

and

genuine
friendship.



*Both relationships matter.
Both help children belong and thrive.*



When Friendship Starts Carrying Support



Friendship
grows through
choice.

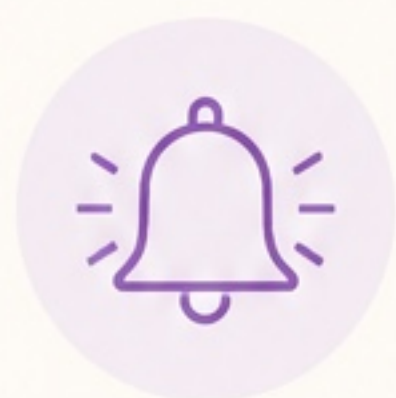
Sometimes the line between friendship and support becomes difficult to see.



Connection may need support if...

Tick any that you have noticed or experienced.

- ☐ One child is always expected to help.
- ☐ One child is always the one who explains.
- ☐ One child is always the one who waits.
- ☐ One child feels guilty saying no.
- ☐ One child worries they are asking too much.
- ☐ Adults rely on friendship instead of providing proper support.
- ☐ The relationship begins to feel like responsibility.



REMEMBER

Friendship becomes difficult
when responsibility
quietly replaces choice.



Helping Is Still Part of Friendship



Helping isn't the problem.

Helping someone is not the problem.
How and why it happens matters.



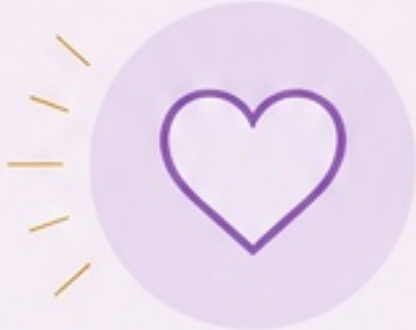
Healthy Helping

- ✓ Offered freely
- ✓ Changes over time
- ✓ Both children can ask for help
- ✓ Nobody keeps score
- ✓ The friendship exists even when help isn't needed



Helping Has Become Responsibility

- ✗ Always expected
- ✗ Difficult to say no
- ✗ Adults depend on the friendship
- ✗ One child carries most responsibility
- ✗ Helping becomes the reason for the friendship



Helping should be something a friendship can include—not the reason the friendship exists.



REMEMBER

Friendship is built on choice.
Support is built on responsibility.

Both relationships matter. 

Protecting Friendship



Choice
protects
belonging.

Children deserve reliable support.
They also deserve friendships that are free to grow naturally.
Use these reflections to protect both.



1. Who is responsible
for providing
this support?



2. Could an adult
provide this
instead?



3. Is this friendship
still built on
choice?



4. Would these children
still choose each other
if support wasn't
needed?



5. What support would
allow both children
to simply be friends?



REMEMBER

Support workers
have responsibilities.
Friends have choices.
Both relationships matter.



Support should make friendship
easier—never become the
reason friendship exists.

When adults provide the right support,
friendships have space to become exactly what they were meant to be.



Relationships
built on trust.



Shared
experiences.



Mutual
enjoyment.



And choice.

THE STRONGEST FRIENDSHIPS ARE BUILT ON CHOICE—NOT RESPONSIBILITY.