

Women of WASSUP (WOW) Podcast - Female Friendship

Please read up/research/have examples for the following discussion points (these also are in the order which we will talk about them on the podcast):

1. The importance of female friendship

What they teach us, the importance of having a “best friend”, values of friendship, platonic friendships, what they mean to us

2. How friendships change over time

Different milestones in life: School, Work, University/Further study, Adulthood, Parenthood and beyond, romantic relationships and how the impact our female friendships, priority changes and the impact this has on our friendships, what is your longest friendship – why? How has this friendship lasted over time?

3. Why you sometimes need space from a friendship

What changes in a friendship that can cause us to distance from friends, why this happens, personal growth and what this means for our friendships, how life gets in the way, what advice do you have for someone who feels their friend(s) are distancing themselves from you? Right/Wrong things to do/say?

4. Friendship “break ups”

Why we choose to break up with our friends, toxic friendships, significance of these types of friendships, how do we cut ties in a healthy way? Positives and negatives of cutting ties with people, what we can learn from these types of friendships – how do we heal and move on? Doing the work vs cutting ties, when is the right time?

5. How to be a good friend, what is a good friend to you?

Examples of our own successful friendships, what do you look for in a good friend, how have you been a good friend to someone? Navigating friendship in a post-COVID world – keeping in touch, keeping a friendship bond strong – tips or advice?

Join the Women of WASSUP (WOW) for Episode ? where we have another frank and honest discussion around the power and value of female friendship and how this issue affects young women today. . **Trigger Warning* this conversation covers issues of a sensitive nature, including sexual violence, rape and rape culture, domestic violence, can you think of any other sensitive topics that were mentioned? This podcast is mature in content and is not suitable for a younger audience.*

If you have been or know anyone who has been affected by the issues and topics discussed in today’s podcast, the following resources may be useful/important/:

<https://www.mind.org.uk/>

<https://mhfaengland.org/>

https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&gclid=EAlaIqobChMI2pOYzMSn7AIVlevtCh2AcgcTEAAYASA AEgKZ-fD_BwE

<https://youngminds.org.uk/>

<https://www.samaritans.org/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>

<https://www.mentalhealth.org.uk/getting-help>

<https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/>

Links to things discussed/good recommendations for further reading:

We Should All Be Feminists- Chimamanda Ngozi Adichie

<https://www.waterstones.com/book/we-should-all-be-feminists/chimamanda-ngozi-adichie/9780008115272>

Feminists Don't Wear Pink (and other lies): Amazing women on what the F-word means to them – Scarlett Curtis

<https://www.waterstones.com/book/feminists-dont-wear-pink-and-other-lies/scarlett-curtis/9780241418369>

<https://www.refinery29.com/en-gb/2019/12/8725819/importance-of-female-friendships>

https://www.huffingtonpost.co.uk/entry/female-friendship_uk_5cefac98e4b021c06c707025