

URSTRONG

☆☆ THE NOTES ☆☆

The Friendship Facts:

1. No friendship (relationship) is perfect.
2. Every friendship is different.
3. Trust and respect are the two most important qualities of a friendship.
4. Friendships change...and that's okay!

Friend-o-cycle: The normal cycle of a healthy friendship. *Healthy Friendship* → *Fire* → *Confront the issue* → *Talk it out* → *Forgive and Forget* → *Feel Closer and Stronger* → *Healthy Friendship*...



Standing up for yourself is:

- ✓ Part of a normal friendship
- ✓ A way of showing respect for yourself
- ✓ A way to build strength and courage
- ✓ Essential for building trust in your friendships

Steps for putting out a Friendship Fire®:

1. Find a good time to talk, just the two of you.
2. Retell the situation & explain how it made you feel. "When..., I felt..."
3. Have a conversation and Talk-it-Out. Listen to your friend's side and aim for Forgive & Forget on the Friend-o-cycle.

Ask yourself, "**Where is this friendship on the Friend-o-meter?**" Increase your daily dose of healthy friendships & spend less time with friendships in the unhealthy zone.



Steps for standing up for yourself when someone is Mean-on-Purpose:

1. Say your **Quick Comeback** in a strong (not aggressive!) voice and walk away. (Remember, this is not a conversation!)
2. Report the situation to a parent or a teacher.

A **Quick Comeback** is a short statement you have memorized that you use if someone is Mean-on-Purpose to you. For example:

- ✓ "That's hurtful."
- ✓ "I don't think so."
- ✓ "Excuse me."
- ✓ "Stop."
- ✓ "Wow."
- ✓ "Not cool."

Whether you're putting out a Friendship Fire or standing up when someone is Mean-on-Purpose, make sure your **body language** says, "I'm serious."

Tips for adults supporting children through the ups and downs in friendship:

- Empathize, empathize, empathize!
- Tune in and ask questions – give the words
- Share your experiences
- Encourage healthy friendships
- Ask how you can help
- Set a good example
- Role-play
- Teach digital rules (e.g. never put out a Friendship Fire online)
- Encourage them to stand up
- Help them set rules for the friendship
- Help them create distance from unhealthy friendships
- Have a "Secret Code"
- Get them involved in activities outside of school
- Build their confidence
- Work as a team with their school & support networks
- More **URSTRONG!**

HELLO
MY NAME IS