

MAKING AND KEEPING FRIENDS



Time Required: 30-45 minutes

Principles:

- Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.

Objectives (Students will...):

- Learn how to make and keep friends.

GOAL: Students will understand how to develop and maintain a friendship.

Activity Statement:

Students will engage in a discussion about how to make new friends.

Materials:

1. Paper
2. Pen/pencil

Procedures:

1. Read aloud the goal and objective statements.
2. Ask students to list words on a sheet of paper that would describe the qualities of a friend.
3. Divide the class into small groups.
4. Ask each group to describe how they make friends.
5. Ask the students to list three things that they think are important in maintaining a good friendship.
6. Have students share some of their ideas.

Discussion:

1. How many “good” friends do you have and what are their names?
2. What should you do if your best friend is engaging in self-destructive behavior?
3. How would you describe friendship?

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Integrative Closing Statement:

Part of the high school experience is about developing relationships and making friends in school. However, friendships do not just happen. This is especially true with healthy, positive friendships. Making friends and keeping friends takes understanding.

Additional Resources:

How To Make Friends

<http://www.wikihow.com/Make-Friends>

Making and Keeping Friends

<http://mentalhealth.samhsa.gov/publications/allpubs/SMA-3716/making.asp>

Extension Activities: Encourage students to make one new friend this week!
