



# Youth Connection

## Session 7 *"Friends"*

# FRIENDS

**Goal:** To identify ways to make and maintain healthy friendships.

## Key Points:

- ⊗ To have good friends, we must first BE a good friend.
- ⊗ There are some positive, healthy things we can do to have the friendships we want:
  - Be yourself and like yourself.
  - Be a good listener.
  - Be reliable and trustworthy.
  - Understand that having conflict is normal. Friends can disagree and still be friends.
  - Forgive one another.
- ⊗ A true friend will respect our choice not to use alcohol, tobacco, and other drugs.

**Major Message:** *I CAN treat others like I want to be treated.*

## I. Sunshine and Cloud

## II. Review and Introduction

### ★ Who can tell me what we talked about last session?

Last session we talked about how important it is to remember that the choices we make can have positive (healthy) and negative (unhealthy) consequences. Making healthy choices can be hard, especially when we surrounded by peer pressure. Using alcohol, tobacco, or other drugs is NEVER a healthy choice. Remember, though, that most people your age want to make healthy choices and have good reputations – and most people your age do NOT use alcohol or other drugs. We also learned that there are safe people we can turn to for help when we have a problem or need help in making a healthy choice.

Today we are going to talk about another kind of choice we make – who our friends are going to be as well as what kind of a friend we choose to be to others.

## III. Guided Discussion

- ★ What is it that you like best about your closest friend?
- ★ Why do you think it is important to have different kinds of friendships?

We all have friendships in our lives. Each of our friendships is important to us. Friends are people who enjoy our company and encourage, support, and care about us. We all have different kinds of friends. For example, we might have friends we enjoy playing sports with or friends we talk to about our feelings. Some friendships may last for many years and other friendships may last for only a short period of time – like for a school year or for the summer. One thing all our friendships have in common is that true friends only want what is best for each other.

When we talk about friendship, it is also important to think about what it means for us to be a friend to someone. Each person brings special qualities into a friendship. It is important to identify the qualities we look for in our friends and the qualities we need to have in order to be a friend. To have good friends we must first BE a good friend.

- ★ What are some qualities that we need to have in order to be a good friend and that we look for in our friends?
- ★ What does it mean to BE a friend?

Here are some tips that make friendships work. ***(Discuss each of the following. You may want to have these listed on a flip chart or poster board.)***

- **Be Yourself and Like Yourself:** Accept yourself and appreciate the ways in which you are different. To know how to like others, we must first like ourselves.
  - **Be a Good Listener:** Listening shows that you value what the other person has to say. Really listening to someone is also a way to show respect.
  - **Be Reliable and Trustworthy:** Honesty helps to create trust, which is an important part of a healthy relationship. When we are honest, we are true to the promises we make ourselves and we are true to the kind of person we want to be. When we are trustworthy, it means we are reliable and people can depend on us. When we are trustworthy, people know that we would never ask someone to do something wrong, something that might hurt them, or something that might have negative consequences.
  - **Understand that Having Conflict is Normal:** It is okay to disagree at times; we won't always get along. Friends can disagree and still be friends. But it is important to always be kind, even when we disagree, and to remember to treat each other like we want to be treated.
  - **Forgive One Another:** When we have done something wrong to someone, or they have done something wrong to us, it is important to forgive each other. Remember, none of us is perfect.
- ★ **Are we being a true friend if we try to make someone else make an unhealthy choice?**
  - ★ **Is someone being a friend to us if they want us to make unhealthy choices?**

Remember earlier we said that true friends only want what is best for each other? If someone is really our friend, they will want us to make good and healthy choices. If someone wants us to do something wrong, do something that might hurt us, or do something that might have negative consequences, then they are not really a true friend. An example of something a true friend would never want us to do is use alcohol, smoke cigarettes or marijuana, or use other kinds of drugs like inhalants. A true friend will respect our choice not to use alcohol, tobacco, and other drugs.

#### IV. Activity and Processing

***Choose an appropriate activity for your group and upon completion of the activity process what they learned and how it relates to the discussion.)***

## V. Closing Summary

### ★ What do you think was the purpose of our group today?

One of the most important things to remember about friendship is that in order to HAVE a friend, we need to BE a friend. There are positive, healthy things we can do to have the friendships we want: 1) be yourself and like yourself; 2) be a good listener; 3) be reliable and trustworthy; 4) understand that having conflict is normal; and 5) forgive one another. If we are a true friend, we will never ask a friend to do something that might hurt them or do something that might have negative consequences. If we are a true friend, we will never want a friend to use alcohol, tobacco, or other drugs. If our friends are true friends, they will respect our decision to make healthy choices, including our choice not to use alcohol, tobacco, or other drugs. The best kind of friend we can be to others is one who is always encouraging and supportive.

Our Major Message for today is: ***I CAN treat others like I want to be treated.***

## VI. Major Message Ritual