



## FRIENDSHIP

**“A friend loves at all times.”**

~Christian Proverb

**Lesson Aim:** Young people will discuss/identify the characteristics of a good friend and healthy friendships. They will explore strategies to deal with difficult situations in friendships.

### POWERPOINT SLIDE SCRIPT

#### SLIDE 1-Title Slide

**Note:** Slides 2 through 6 is an icebreaker activity called “Belief Statements”. Post Strongly Agree and Strongly Disagree posters on opposite sides of the room. Have students move in the room to the sign (and along the spectrum) to indicate their level of agreement with each belief statement. Have students explain their stance on the belief statement. Your role is to listen and keep the activity moving.

**FACILITATOR: Ask:** *Can you explain why you strongly agree or disagree with the following statements?*

**SLIDE 2- ACTIVITY: DO YOU AGREE OR DISAGREE?**

**SLIDE 3- I believe that true friends will call you out and be honest with you, even if it hurts to hear it.**

**SLIDE 4- I believe friends should always come first before romantic relationships.**

**SLIDE 5- I believe that true friends would drop everything to support you when you need them, no excuses.**

**SLIDE 6- I believe you can stay friends with someone you used to date.**

**FACILITATOR:** Debrief/discuss as a group what you heard and share your wisdom

- Part of any valuable friendship is the ability to be open and honest with one another. It is difficult to approach a friend who is doing something destructive. There is a right and wrong way to do that.
- Even though it might be challenging to hear the truth from a friend, if we are willing to have an open mind and open heart, we will grow from it. Consider this: Would an enemy ever tell you the truth in love?
- Explain why it sometimes difficult to uncross the friend-to-romance line. They must decide if friendship is more important or not; because if it does not work out, continuing the friendship can be awkward.

#### SLIDE 7- Who is your best friend?

**FACILITATOR:** Winnie the Pooh and Piglet, Timon and Pumbaa, Woody and Buzz Lightyear. When we think of best friend examples, we may think of characters from a TV show or book. Ask: *Who is your best*

*friend? Why? Or ask: How many have 3 or more best friends? Query the group with a show of hands and then decrease the number of friends, so forth and so on...*

**SLIDE 8- What makes a good friend? What makes a "best" friend?**

**FACILITATOR:** Have students give (write in the chat or write on the white board) some attributes of a 'good friend'. Have them explain why that attribute is important in their friendship. Next, have them give (write in the chat or write on the white board) attributes of a 'best' friend. Are there any differences between the two? Why?

**SLIDE 9- Who we spend time with is who we become**

**FACILITATOR:** Attitudes are often contagious. If you surround yourself with bad influences, you run the risk of adopting those bad behaviors and habits. Are your friends holding you back? If so, it's time to find new friends. Surround yourself with people you trust, respect, and admire. Your interactions with them should cause you to elevate your game and make you better, not worse.

**SLIDE 10-INFLUENCE- Does spending time with you make your friends better or worse?**

**FACILITATOR:** Help the students to understand that influence works both ways.

**SLIDE 11-A FRIEND LOVES AT ALL TIMES- Have you ever had a time when you just don't like someone you call a friend? Is it easy to love at ALL times?**

**FACILITATOR:** Have students discuss their thoughts on the quote and questions.

**SLIDE 12-ENCOURAGE YOUR FRIENDS- Encouragement means to "give courage". When we tell our friends the good we see in them, we give them courage to continue to do good things!**

**FACILITATOR:** One of our jobs as a friend is to encourage our friends to do good things.

**SLIDE 13- Which of your friends needs your encouragement most right now? How could you show them you care?**

**FACILITATOR:** Have students give ways they can encourage their friends.

**SLIDE 14-IS THIS TRUE OR FALSE? WHY OR WHY NOT? "Friendships can be for a reason, for a season or for a lifetime."**

**FACILITATOR:** Have students discuss their thoughts on the statement.

**SLIDE 15- In Case You Haven't Heard...WE LOVE YOU!**

**FACILITATOR:** Please make sure to let your students know that you love and care about them!