

## FRIENDS & ALLIES

### RECOMMENDED FOR GRADES 4,5,6

This course can be a nice complement to an existing bullying prevention program in your school, or it can act as a stand-alone program that will teach students how to develop positive peer relationships and how to handle negative ones. Students will identify the qualities that make up a good friend and, by using empathy, students will better understand how put-ups and put-downs impact relationships. Students will also be introduced to the various forms of bullying and the roles a person plays when there is bullying behavior. Anti-bullying strategies will be outlined, with an emphasis on how to band together with friends and allies to stop bullying together.

#### TOPICS COVERED

- Put-ups versus put-downs
- Empathy and Group Think
- Definition of bullying
- Roles involved in bullying: bully, target, ally, bystander
- Anti-bullying strategies

#### OBJECTIVES

- Students will be able to identify positive qualities of a friend
- Students will be able to give examples of put-ups and put-downs
- Students will be able to define empathy
- Students will be able to define group think and give examples of positive and negative types of group think
- Students will be able to define bullying and list different types of bullying
- Students will be able to identify the four roles people play in a bullying situation
- Students will be able to explain several anti-bullying strategies

#### NATIONAL STANDARDS MET:

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior
- Standard 5: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

#### CASEL CORE COMPETENCIES

- Self-awareness
- Social awareness
- Relationship skills
- Responsible decision-making

#### ACTIVITIES AND ASSIGNMENTS

Friends & Allies Digital Instruction	30m
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#### STUDENT ASSIGNMENTS

While You Watch worksheet	30m
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Asking for Help	15m
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The Bullying Dictionary	30m
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Writing Assignments	45m
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#### CLASSROOM ACTIVITIES

Being a Good Friend	30m
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Doing the Right Thing	45m
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Exploring Emotions	30m
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Friendly Mural	60m
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Happy Grams	15m
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Kids Bullying Kids	30m
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Role Playing: Difficult Social Situations	30m
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Role Playing: What do you do? What if it's You?	45m
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Superstar of the Week	45m
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Understanding Needs and Feelings	30m
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Using Literature to Teach About Bullying	30m
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What Makes a Friend	45m
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Individual Courses are priced at \$75.

