

BUILDING QUALITY FRIENDSHIPS

CRS GUIDE

THIS PACKET IS YOUR **GUIDE**.

YOU SHOULD **NOT** BRING IT INTO THE CLASSROOM WITH YOU, BECAUSE YOU SHOULD USE THIS TO MAKE NOTECARDS!

A FEW TIPS FOR MAKING NOTE CARDS:

- Number your notecards** to keep them in order
- Make a note of **who is going before you** and what the last thing they are doing/saying before your part
- Put things in your **own words** so that you don't sound rehearsed
- Do not cut up the CRS guide and paste them onto note cards—> actually **writing down your parts on note cards** will help you familiarize yourself with your part so that you don't read off your notecards

THINGS YOU DON'T NEED TO MAKE NOTE CARDS FOR

(YOU WILL GET THE HANDOUTS DURING THE ACTUAL CLASSROOM SESSION):

- Small Group discussion
- Q&A (if your part is reading the questions, you will get the hand out. If it is not your part, you may want to jot down a few answers to the questions if you think you will forget or it will help you not to be so nervous)

THINGS TO REMEMBER FOR CLASSROOM SESSIONS:

- Wear your **Velocity shirt** (and follow dress code!)
- No gum**
- Make sure your teachers know where you are & **make up any work that you miss** during your Classroom Session
- Speak **loud & clear**
- Make **eye contact** (do not read off your note cards!)
- Speak with **enthusiasm** (in other words, don't be boring)
- Make note cards** to help learn your part (do not bring this guide into the classroom with you!)
- Remember that the reason you are doing this is to HELP the 6th graders**, so make sure everything you do and say is for their benefit! So remember to do things like: make sure everyone feels included during small groups, give real and genuine sharings, give real and helpful advice during the Q&A.

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BUILDING QUALITY FRIENDSHIPS

The date(s) of my Classroom Session:

My part number is: _____

The other members of my group & their part numbers:

1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____

The class(es) I am missing for my Classroom Session:

WHEN I need to meet for my Classroom Sessions:

WHERE I need to meet for my Classroom Sessions:

Other Notes:

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I. INTRODUCTION

Hey, everybody! We're Velocity. Velocity is a group of 7th and 8th graders who are dedicated to living lives of integrity and making good decisions. We are totally drug free. As members of Velocity, we go into 6th grade classrooms and talk about things that matter to us middle school students.

We do this because we care about the decisions you make. We hope that it's helpful when we come to your class, and we hope it's fun for you, too!

To start things off, we are going to introduce ourselves. We'll say our name, our grade and one good way a friend has influenced us recently. I'll start, I'm . . . *(Velocity introduce yourselves with the above info...)*

We just shared with you how friends can help us make good decisions.

Now, by raising your hand tell the class what qualities you look for in a friend. As you share your answers, please tell us your name and speak loudly *(take about 4 or 5 answers, repeating what students say to make sure the entire class hears)*

Now, by raising your hand tell us what qualities you don't want in a friend? Be sure and say your name and speak loudly *(take about 4 or 5 answers)*.

It's very important to choose your friends carefully. The people we spend time with are the people who most influence our decisions, and who we ultimately end up being like. Their influence can either be good or bad. So, look for friends with those good qualities.

ACTIVITY: HUMAN SCAVENGER HUNT

One step to making friends is finding things that you have in common with each other. To illustrate this, we are going to play a game called Human Scavenger Hunt.

- ◆ You are each going to get a piece of paper with different categories on it.
- ◆ Find people that fit each category and get their signature on your paper.
- ◆ A person can only sign your paper one time.
- ◆ You can get as many people as you want to sign in each space.
- ◆ In about five minutes, we'll see who has the most signatures.
- ◆ Remember that there are other classes right next door, so try not to get too loud.

(Pass Human Scavenger Hunt out to all students, including Velocity, start collecting signatures. Give them about 5 minutes then ask them to return to their seats.)

(Give them about 5 minutes...)

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(Give them about 5 minutes...)

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Everyone return to your seats and quietly count up how many different people signed your paper. *(Give students time to do this. When it looks like everyone is done counting – ask the next question)*

Raise your hand if you think you have the greatest number of signatures. How many signatures do you have?
Raise your hand if you have more than that.
(If so, ask how many and so on until you've found who has the largest number.)

What does this activity have to do with making friends?
(Wait for students to respond to the question. Basically, it's important to get to know people and find things that you have in common when you're making friends)

We usually have a lot in common with our friends. Sometimes we don't get to know other people because we don't think we have anything in common with them. But it's important to remember that just because we don't think we have a lot in common with a person doesn't mean that we can't be friends with them. Remember, it's important to choose friends with common values.

II. SMALL GROUPS

Some of us spend lots of time wondering if our friends really like us or what we could do to make more friends. We know that it's important to make sure that these friendships are good and healthy ones that will inspire us to feel good about ourselves and make good decisions. Right now we're going to split up into 4 small groups and talk about friends.
(Quickly divide the class into four groups by CORNERS. It doesn't have to be exact. A Velocity small group leader goes to each group.)

ALL *(Velocity – divide yourselves equally among the four groups and participate. Each group finds a space in the classroom to work together as a group. Follow the instructions on the discussion guide to lead your group After 10-12 minutes, ask the class to return to their seats, and ask the spokesperson from each group to come to the front of the room.)*

III. THE CLASS SHARES

Will the spokesperson from each group please step forward and share your group's answers to the last two questions. *(Read the first question then have each spokesperson share their answer loudly. Then move on to the next question. After all the questions have been answered, thank the spokespeople and have them return to their seats).*

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IV. VELOCITY SHARES

Since we're talking about friends and peer pressure today, we want all of you to know about experiences that some of us have been through involving our friends. We hope you can learn from our experiences. Please listen as a few students from Velocity share their stories.

Velocity Student Sharing (please read "Sharing Tips" before the CRS)

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V. QUESTION AND ANSWER

Now I'm going to ask Velocity some questions that middle school students have about friends. I'll ask a question and then a few of us up here will share answers to the question.

ALL Velocity answers questions

- Ask Velocity each of the questions from the Q&A sheet that is attached
- Each of you should be prepared to answer all of the questions
- Make sure at least two or three Velocity students answer the question and then ask another question.
- Answer from your own thoughts and experiences

VI. CLOSING

We've talked a lot today about friendships, peer pressure, and about making good decisions.

It's important to realize how much the people who you spend time around influence you as well as the decisions you make. This can be a good or bad thing.

If you ever feel like you don't have any friends or just need someone to talk to, we are more than happy to help out.

One of the decisions that all Velocity students have made is to be drug-free. As members of Velocity, each one of us signs a contract pledging to each other to be drug-free all year.

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BUILDING QUALITY FRIENDSHIPS

Some of us may never be offered drugs, but since we signed that contract, it makes it easier to say “no” if it ever does happen. Remember that if you make up your mind up about something ahead of time, it’s a lot easier to stand strong and not be pressured by what others are saying and doing.

For instance, if you know that you don’t like to eat potato chips, and someone offers you some chips, it’s not going to be a hard decision for you to say, “no, thanks, I don’t eat chips.”

In the same way, if you have already made up your mind that you don’t want to mess up your life by smoking or drinking, when someone offers you those things, it’s going to be easy for you to say “no, thanks, I don’t smoke,” or, “no, thanks, I’m not into drinking.”

We want to give each of you a chance to go ahead and think about where you stand on the issue of drugs and alcohol. We brought a contract to give to you much like the ones we sign to be a part of Velocity.
(pass out contracts).

Let’s read this together- you read silently as I read aloud
(read contract portion to class).

Drug-Free Contract

I commit to remain totally drug-free for one year. I understand that this commitment includes all forms of alcohol, tobacco, inhalants, and illegal drugs. I further promise to be a positive role model for my peers and to be a living example of my drug-free commitment. To the very best of my ability, I will strive to provide a positive example for others.

This contract is yours to keep. We are not going to take them back up. If you would like to make the commitment to be drug-free, we encourage you to sign the contract (either now or later is fine). You do not have to sign it if you don’t want to. Whether you sign it or not, please take these contracts with you as a reminder to try your best to make good decisions.

Everyone in Velocity has signed a contract very similar to this one. This is one of the reasons why we joined Velocity. We want to be surrounded by others with similar values. We hope you will consider what we’ve said today when choosing your friends this year. Middle school can be a tough place, and it is important to choose your friends wisely. Strive to make friends with people who share your values and who will encourage you to be a better person. Remember that Velocity is here for you as well.

Thank you so much for letting us come to your class today.

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HUMAN SCAVENGER HUNT

YOU MAY NOT FILL UP YOUR ENTIRE SHEET, BUT TRY TO GET AS MANY DIFFERENT NAMES AS POSSIBLE!

REMEMBER: YOU CAN ONLY HAVE SOMEONE SIGN YOUR SHEET ONCE, BUT YOU CAN GET EACH BOX SIGNED MULTIPLE TIMES!!!

Has lived in two places besides Columbus	Likes the same music group(s) as you	Has been to another country
Has the same number of pets as you	Doesn't like chocolate	Has the same favorite TV show
Has the same name as you (first, middle, or last)	Has the same favorite movie	Has never been stung by a bee or a wasp

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SMALL GROUP DISCUSSION

Small Group Leader – Have your small group sit together in a circle. Work through this handout with your group. Do your best to draw everyone into the discussion. Also, get one 6th grader to volunteer to write down and share with the class your group's answers to the last two questions. Remind him or her to speak loudly when sharing answers with the class. Please discuss the first questions, but do not write down the answers to them! Only write down the answers to the LAST TWO questions.

EVERYONE share your first name and answer this question:

What is one thing you enjoy doing with your friends?

When we played "Human Scavenger Hunt", did you find out anything new about your classmates? (*get a few answers*) See, it's important to constantly look for new friends or we could be missing out on some awesome people.

Why do you think people feel the need to be mean (gossip, backstab, bully, etc.)?

Why do some people think that if you're mean to people you will fit in easier?

Why do people feel the need to be popular? Is there anything wrong with the desire to be popular?

Does it matter who your friends are? Can the pressure to fit in with your friends lead you to do bad stuff?

We'll share the next answers with the entire class. (*Choose a spokesperson to write down the next couple of answers.*)

Is someone who pressures you to do bad stuff really your friend? Why or why not?

How should you handle someone who is pressuring you to do bad stuff?

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BUILDING QUALITY FRIENDSHIPS

QUESTION & ANSWER

1. Is it okay to be friends with someone who does bad things, even if I don't do bad things?

- being friends with someone who does bad things can be dangerous. . . it's a lot easier to be led into doing bad things than it is to lead someone out of doing them
- your friendship won't be very strong after a while if they keep doing bad things
- however, don't judge people or treat them badly because they make bad decisions

2. How do you help a friend that doesn't want your help?

- give them some time. . . sometimes when a friend is going through a hard time, they might want to be left alone but if they are your friend they will begin to open up to you after a little while
- don't be pushy, give them their space

3. What do you do when one of your friends doesn't want to be friends any more?

- try to figure out what has happened to make them feel this way
- sometimes friends do grow apart. . . but we should also look at ourselves and make sure we're being the best friend we can be for them

4. How can I avoid the pressure to do things that I really don't want to do?

- pick your friends carefully- make sure they share your values and won't pressure you to do things you don't want to do
- go ahead and decide what you do not want to do so when the time comes you already know your decision

5. What do you do if a friend just starts being mean to you, for no good reason?

- try to figure out what has happened for them to start acting this way
- be the best friend you can to them during this time

6. What if the person putting pressure on me to do bad things is my older brother or sister?

- you still have to stand up for your own values and not give in just because they are your sibling
- explain to your brother or sister why you don't want to do those things

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BUILDING QUALITY FRIENDSHIPS

SHARING TIPS

Sharing with the sixth graders is so important! They are really listening and they want to hear the experiences you've had!

TIPS ON SHARING WITH OTHER STUDENTS:

Do...

- ...share your own story -- not someone else's
- ...share more than just a sentence or two (**talk for a minute or two**)
- ...think about what you're going to say ahead of time -- jot down notes to remind yourself
- ...try to share something that a lot of middle school students can relate to
- ...share your hurt, struggle, and your feelings
- ...tell them what you learned

Don't...

- ...use names or experiences that might point a finger in a negative way at another person.
- ...preach to the sixth graders -- just share what you've experienced
- ...try to make your story better by making things up -- just share the truth
- ...give lots of advice- just share your story.

IDEAS FOR WHAT YOU CAN SHARE ON:

- A time when you had to make new friends
- A time when you were pressured to do something you didn't want to do and you said no
- A time when you were pressured to do something you didn't want to do and you gave in

Remember: This does not need to be a formal speech, but please spend some time thinking about what you want to say and how you want to say it. It will make it much easier for you, and it will be a much better sharing.

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Remember: This does not need to be a formal speech, but please spend some time thinking about what you want to say and how you want to say it. It will make it much easier for you, and it will be a much better sharing.

BUILDING QUALITY FRIENDSHIPS

SHARING YOUR STORY ABOUT FRIENDSHIPS & PEER PRESSURE

BUILDING QUALITY FRIENDSHIPS

SHARING YOUR STORY ABOUT FRIENDSHIPS & PEER PRESSURE

IDEAS FOR WHAT YOU CAN SHARE ON:

- A time when you had to make new friends
- A time when you were pressured to do something you didn't want to do and you said no
- A time when you were pressured to do something wrong and you gave in

WHAT DO YOU WANT TO SHARE ABOUT?

IDEAS FOR WHAT YOU CAN SHARE ON:

- A time when you had to make new friends
- A time when you were pressured to do something you didn't want to do and you said no
- A time when you were pressured to do something wrong and you gave in

WHAT DO YOU WANT TO SHARE ABOUT?

HOW DID YOU FEEL?

HOW DID YOU FEEL?

HOW DID YOU DEAL WITH IT?

HOW DID YOU DEAL WITH IT?

WHAT DID YOU LEARN?

WHAT DID YOU LEARN?
