

1. The Positive Friendship Curriculum is a Promising Practice

Research is constantly conducted on **The Positive Friendship Curriculum**. Initial studies show that it this curriculum helps improve classroom climate and increase students' awareness of their friendship skills.

2. The Positive Friendship Curriculum is Comprised of Five Sessions

Session 1: "Friendship Snapshot" (Introducing the curriculum; Setting classroom rules; Helping students evaluate their friendship skills).

Session 2: "Accepting and Rejecting Starters and Asking Questions" (Understanding the basic building blocks of friendships; Understanding how to create a culture of appreciation within a friendship and how to ask meaningful questions)."

Session 3: "Advanced Listening: Acknowledging" (Building on the foundation of friendships; Learning how to connect meaningfully with others).

Session 4: "Dealing with Hard Feed Back" (Learning how to hear and respond to helpful criticism from trusted friends)."

Session 5: "Giving Difficult Feedback (Arguing) and Fair Fighting" (how to handle conflict well)."

3. The Positive Friendship Curriculum Targets Middle Schools and Middle School Students

This curriculum is meant to meet the state curriculum requirements related to the teaching of healthy interpersonal skills All Safer Tomorrow Schools in Grand Forks County (public and private) are eligible to participate.



Questions & Tips For Parents



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Friendships That Work
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Friendships That Work:
A Positive Friendship Curriculum

1. Are your kids good listeners? Do your kids know that their close friends (like every one else) value a good listener?

Encourage your kids to really pay attention to their friends.



3. Can your kids accept helpful criticism from their friends? Are your kids able to hear and ask real questions about their friends' concerns?

Encourage your kids to ask questions to better understand their friends' concerns.

Encourage your kids to think about their close friends' concerns even if they don't agree with them.



2. Can your kids stand up for themselves with their close friends without being mean? Do your kids have friends who respect them?

Encourage your kids to talk to their friends about hard feelings. Have them do so in a way that focuses on the other person's behaviors WITHOUT name calling or put-downs.

Encourage your kids to respectfully stand up for themselves.

4. Do your kids find ways to let their close friends know that they appreciate them?

Encourage your kids to find ways to let close friends know that they are grateful for their friendship.



5. When your kids are having problems, can they turn to their close friends for help? Do your kids trust their friends to be respectful and listen to them?

Encourage your kids to have a friend they can talk to—a friend they can trust with who they really are.