

PEERMANSHIP . . . GETTING ALONG WITH FRIENDS

OBJECTIVE

To gain confidence in establishing and keeping friendships; to develop skills in conflict resolution and in confronting peer pressure.

MOTIVATORS

Read some typical notes that exhibit conflicts and/or feelings between friends. Most teachers have some of these. A copy of an actual one is attached.

PROCEDURE

Allow at least 2 or 3 class periods (50 minutes) for completion of this unit. Provide a peermanship worksheet to be completed with class discussion. Show the video, "Learning Relationship Skills", in segments with follow-up class discussion. Conclude the lesson with role playing the worksheet scenarios. Note: In some classroom situations, the role playing won't work. The same objective can be accomplished by group assignments and writing the solutions.

SUMMARY

These lessons are an attempt to help adolescents master skills to help them establish behavior patterns and social attitudes useful in building healthy, rewarding social relationships throughout life.

RESOURCES

Book

Packer, Alex J. *HOW RUDE! The Teenagers' Guide to Good Manners, Proper Behavior, and NOT Grossing People Out*, Free Spirit Publishing, 1997.

Video

"Learning Relationship Skills," Sunburst Communications, Pleasantville, NY 10570, 1-800-431-1934, web address: www.sunburst.com

ACTUAL SCRIPTS OF CONFISCATED NOTES

Tammy

Hey there! Well—thanx 4 the flowers. Sorry 4 the fight I started, but it kinda \$#%^\$# me off when everyone's telling me that your [sic] the one telling people I talk \$@##\$ about them. We've got in a fight like this before and it was 4 the same reason, too. But, if you are doing it—please stop! It gets me in big trouble when I don't do anything! Not saying you did, which I hope you didn't, but just if you are—stop. Okay! Lets just 4get about it. No more . . . cuz I gotta go.

♥ Always,

Kathy

Gedie

When I first say you I really wanted to meet you. Just get to know you, but I was just too shy or I never got my notes to you or I didn't have a class with you, which I didn't. Well now you know that I really do have feelings for you, but if you don't want to even try, I understand everything, but before, I have to tell you I haven't felt like this since fourth grade. But still, I truly think it is all up to you. Please. Write back!

♥ Michelle S.

PS I like you a lot and I want to go out with you, but if you don't want to, that's OK but I want you to know I ♥ U.

Name _____ Period _____ Score _____

WHAT MATTERS IN FRIENDSHIPS?

Preceding each space, put a **V** if you think what matters is very important, an **S** for somewhat important, or a **U**, if you feel what matters in friendships is unimportant.

- _____ 1. A friend should be interested in the things that interest me.
- _____ 2. A friend shouldn't pressure me to do things I don't want to do.
- _____ 3. A friend should be willing to take a risk for something I want or need.
- _____ 4. A friend should never criticize me in front of other people.
- _____ 5. A friend should tell the truth, no matter what.
- _____ 6. A friend should be willing to break rules to help me out.
- _____ 7. A friend can say whatever he/she feels and I won't get angry.
- _____ 8. A friend should never reveal my secrets.
- _____ 9. A friend should find ways to show me that I'm important to him or her.
- _____ 10. A friend never has to prove anything to me.
- _____ 11. A friend should share anything he/she has with me.
- _____ 12. With a friend, I can behave any way I want and he/she will understand.

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Name _____ Date _____ Score _____

PEERMANSHIP

Junior high and high school are usually linked to one's social life and very often are the times of greatest pain . . . embarrassments, teasing, badmouthing, ostracizing, and making poor choices. But they are also the times of the most memorable fun and friendships. Below are 6 verbs that are clues to making friends. See if you can relate these words to the process of making and keeping new friends.

1. OBSERVE
2. INQUIRE
3. COMPLIMENT
4. JOIN
5. RESIST
6. NURTURE

Nobody can make you do what you don't want to. Sometimes you **do** or **say** things you later regret. But how can you bow out gracefully and not be called names; keep your friends and have fun; and stay out of trouble and be in control? Consider the following instances. In each of these scenarios, you will use the refusal or coping skills of: **1. Asking questions. 2. Naming the problem or trouble. 3. Identifying the consequences. 4. Suggesting alternatives. 5. Moving it, selling it, and leaving the door open.**

1. I've decided I don't want to do drugs, but some of my friends keep pressuring me.
2. I did something terrible to one of my friends. We've been avoiding each other ever since. I'd apologize, but I don't think it would help.
3. This so-called friend of mine read my journal and told some people what I'd written about them. I'm so embarrassed I could die . . . after I kill her.
4. I have this friend who hangs out at my house all the time—even when I hint it's time for him/her to go. He/she also keeps me on the phone forever when he/she is not at my house. It's driving me crazy, but I don't want to be rude.
5. There is this guy/girl I really, really like, but he/she doesn't know I exist.
6. I'm going out with someone my friend likes. I don't think it matters. They aren't going steady or anything.
7. I just learned that my girl/boyfriend dumped me. He/she sent his/her best friend to tell me. I'm going to get even.

These scenarios are taken from *HOW RUDE! The Teenagers' Guide to Good Manners, Proper Behavior, and NOT Grossing People Out* by Alex J Packer; Free Spirit Publishing, 1997, pp. 223–237.

PEERMANSHI"—KEY

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1. OBSERVE—Get a sense of who's who; pecking orders; group affiliations. Gives an idea of those you might want to join and who to steer clear of.
2. INQUIRE—Ask questions in a low-key way. Personal or procedural . . . Since teens find themselves interesting, they appreciate anyone who asks them questions.
3. COMPLIMENT—If you find something noteworthy, say so. We like those who recognize our fine qualities.
4. JOIN—Sports, debate, chess club, newspaper, etc. The best way to find kindred spirits.
5. RESIST—Partners in crime and different values. These are friends you can do without.
6. NURTURE—To have a friend you have to be one. Friends need support, encouragement, loyalty, and empathy. Friendships need time to develop and maintenance to survive.

Role playing and answers will vary according to groups and processes learned from the video.

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