

# Prevention Program Overview

## Program: Friendships Matter: The Key to Good Friends

### Program Objective

**Friendships Matter** focuses on exploring the qualities and behaviors of healthy friendships. This program teaches students to:

- Identify the behaviors and qualities of good, healthy friendships, and learn the benefits of bonding with pro-social behaviors.
- Identify the behaviors and qualities of unhealthy friendships
- Identify situations of peer pressure and what that means
- How to utilize refusal skills in situations of peer pressure

### Program Summary

<b>Sessions</b>	One
<b>Population</b>	Appropriate for 1st-5th grade students
<b>Education</b>	<p><b>Healthy Friendships:</b></p> <ul style="list-style-type: none"><li>• Youth will learn the qualities of healthy friendships and be able to decipher what they think is important in friendships.</li><li>• Benefits of prosocial behaviors and effective communication to lift our friends up.</li></ul> <p><b>Peer Pressure/Refusal Skills</b></p> <ul style="list-style-type: none"><li>• Discuss and define unhealthy friendships, peer pressure, and refusal skills.</li><li>• Touch on identifying refusal skill strategies/practice using them.</li></ul>
<b>Activities</b>	<ul style="list-style-type: none"><li>• <b>This or That” Game</b></li><li>• <b>Friendship Detectives Game</b></li><li>• <b>Refusal Skill Cards</b></li></ul>
<b>Skill</b>	This program teaches refusal skills, as well as decision making skills regarding the promotion of making good friends.