

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 safe, 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

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