

Prevention Program Overview

Program: Friendships Matter

Program Objectives

Friendships Matter helps students build healthy friendships, recognize positive and negative peer influences, and develop skills for maintaining supportive relationships. Through discussions, group activities, and real-life scenarios, students learn how friendships impact their well-being and decision-making.

The program teaches students to:

- Identify characteristics of healthy and unhealthy friendships.
- Understand how peers influence choices and behavior.
- Practice healthy communication and boundary-setting.
- Develop strategies for handling peer pressure and friendship conflicts.
- Identify trusted supports and strengthen their social connections.

Program Summary

Sessions	One
Population	Appropriate for 7th-9th grade students
Education	<p>Key Learning Concepts</p> <ul style="list-style-type: none">• Healthy friendships are built on trust, respect, honesty, kindness, and communication.• Friends can influence decisions in both positive and negative ways.• Setting boundaries is an important part of healthy relationships.• Positive peer connections support emotional well-being and resilience.• Seeking help from trusted adults is a sign of strength.
Activities	<ul style="list-style-type: none">• Friendship Opinion Continuum• Friendship Strengthening Circle• Friendship Circles Reflection Activity• Friendship Challenges Scenario Discussions• Group Problem-Solving Activities• Friendship Action Plan Exit Ticket
Prevention Skill	Program teaches decision making, refusal and critical thinking skills. Students strengthen their communication skills and learn how to set appropriate boundaries.