

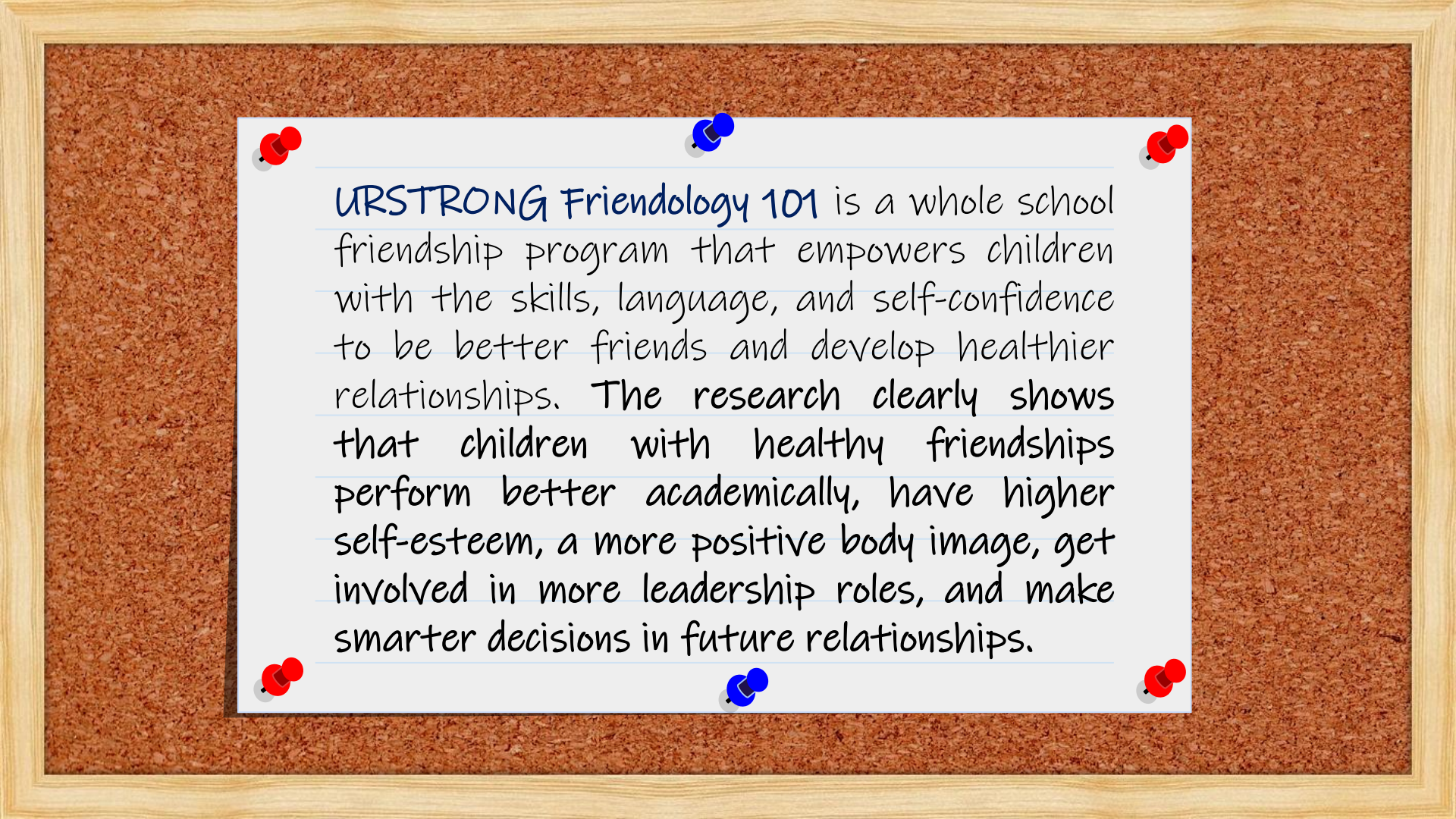
*Wellbeing @
Norwood Primary
School*

Friendship Programs for Kids

Friendology 101

URSTRONG





URSTRONG Friendology 101 is a whole school friendship program that empowers children with the skills, language, and self-confidence to be better friends and develop healthier relationships. The research clearly shows that children with healthy friendships perform better academically, have higher self-esteem, a more positive body image, get involved in more leadership roles, and make smarter decisions in future relationships.



Friendology

Is it bullying?

PARENTS OFTEN CALL EVERY LITTLE CONFLICT BULLYING.

A BIG PART OF THE FRIENDOLOGY CURRICULUM IS TEACHING THE STUDENTS THE DIFFERENCE BETWEEN NORMAL CONFLICT- HURT FEELINGS, MISUNDERSTANDINGS, DISAGREEMENTS ETC (A FRIENDSHIP FIRE) VERSUS INTENTIONALLY RUDE OR UNKIND BEHAVIOUR WITH THE INTENT TO HURT (MEAN-ON-PURPOSE BEHAVIOUR).

ABOUT 85% OF THE CONFLICTS AT SCHOOLS ARE FRIENDSHIP FIRES, WITH ONLY 15% MEAN-ON-PURPOSE.

*Change our
language
to...*

**Mean-on-purpose
Kind-on-purpose
Friendship Fires**



Friendology 101 JUNIOR

For Students in Grades 1 & 2

1. **How to Make Friends** – focuses on the importance of embracing your true colors and honoring the true colors in other people. Students learn the art of friendship-making starting with how to introduce yourself, find something in common, and have a conversation.
2. **How to Be a Great Friend** – focuses on the difference between healthy and unhealthy friendships using the Friend-o-meter, attributes of a great friend, and the importance of spending the most time in healthy friendships. Students also learn what's normal in a friendship through the 4 Friendship Facts.
3. **How to Put out Friendship Fires** – focuses on putting a voice to your feelings and conflict-resolution using our step-by-step approach for putting out *Friendship Fires*®. Students practice how to put out common *Fires* and Make it Right!
4. **How to remember URSTRONG!** – brings all the topics together by reviewing and reinforcing important concepts, recognizing the strengths in one another, and a chance for each child to showcase their “sole”.



Friendology 101

For Students in grades 3 to 6

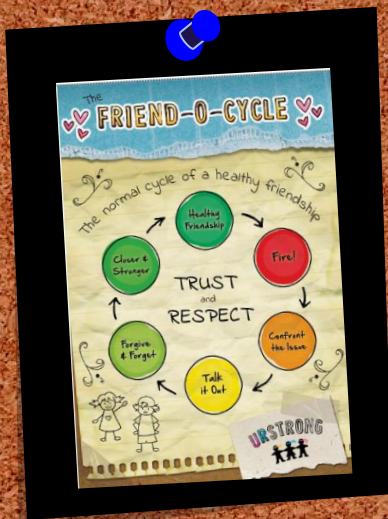
1. **How to Get Real** – focuses on the importance of being true to who you are, embracing your unique self, and dispelling myths around gender stereotypes.
2. **How to Make Friends** – focuses on the art of friendship-making starting with how to introduce yourself, find something in common, and have a conversation. Students also learn what's normal in a friendship through the 4 Friendship Facts.
3. **How to Be a Great Friend** – focuses on the difference between healthy and unhealthy friendships using the Friend-o-meter, attributes of a great friend, and the importance of spending the most time in healthy friendships.
4. **How to Put out Friendship Fires** – focuses on putting a voice to your feelings and conflict-resolution using our step-by-step approach for putting out *Friendship Fires*®.
5. **How to be a Friendship Ninja** – focuses on understanding the difference between normal conflict (*Friendship Fires*®) and Mean-on-Purpose behavior. Students learn how to say a Quick Comeback and report to a grown up to combat unkind behavior.
6. **How to Handle Tricky Situations** – highlights hot topics and common challenges in tween friendships including how to handle being in the middle, managing birthday parties, how to say “No!” to friends without feeling mean, and how to keep friendships healthy online.
7. **How to Take Control & Feel Heard** – focuses on taking control of butterflies (i.e. anxiety) and strategies for managing those ‘movies’ in our minds. Students also learn the importance of expressing how you feel and being a good listener.
8. **How to remember URSTRONG!** – brings all the topics together by reviewing and reinforcing important concepts, recognizing the strengths in one another, and a chance for each child to showcase their “sole”.

Scope & Sequence

FOCUS	YEAR 1	YEAR 2	YEAR 3
Friendology 101	Friendship Bingo	Friendship Bingo	Friendship Bingo
	F101-1 How to Make Friends	F101-1 How to Make Friends	F101-1 How to Get Real
	F101-2 How to be a Great Friend	F101-2 How to be a Great Friend	F101-2 How to Make Friends
	F101-3 How to Put out Friendship Fires	F101-3 How to be a Great Friend	F101-3 How to be a Great Friend
	F101-4 How to Remember URSTRONG	F101-3 How to Put out Friendship Fires	F101-4 How to Put Out Friendship Fires
Whole-School Activity	I AM Artwork	Superhero Cape	Power Statement Poster
	The Friendship-meter Poster	Kind-On-Purpose	Friendship Handshakes
	Friendship Fires - Bigger or Smaller?	Friendship Fires - Bigger or Smaller?	Friendship Fires - Bigger or Smaller?
	Friendship Goals	QuickTip: Sleep on It!	Friendship Goals
URSTRONG Classroom			
Whole-School Activity	Secret Ninja School	The 4 Friendship Facts Poster	Friendship Massage
	URSTRONG Colouring Sheet	Make Your Own Friend-o-cycle	Standing up for Yourself Poster
	The 4 Friendship Facts Poster	My Friendship Ninjas	Friendship Ninjas
	What is Trust?	QuickTip: How to Say "No"	Birthday Party Plan
URSTRONG Classroom			
Whole-School Activity	Kind-On-Purpose	Butterflies - Tame or Release?	Mindfulness Script Mindful Me
	Natural Friend-o-meter	We're All Potatoes At Heart	Friendship Ninja Headbands
	Friendship Fact Song	Friendship Ninja Game	Friendship Fires Fire Pit
	Friendship is Like a Dance	Friendship is Like a Dance	Friendship is Like a Dance
URSTRONG Classroom			

FOCUS	YEAR 4	YEAR 5	YEAR 6
Friendology 101	Friendship Bingo	Friendship Bingo	Friendship Bingo
	F101-1 How to Get Real	F101-1 How to Get Real	F101-1 How to Get Real
	F101-2 How to Make Friends	F101-2 How to Make Friends	F101-2 How to Make Friends
	F101-3 How to be a Great Friend	F101-3 How to be a Great Friend	F101-3 How to be a Great Friend
	F101-4 How to Put Out Friendship Fires	F101-4 How to Put Out Friendship Fires	F101-4 How to Put Out Friendship Fires
	F101-5 How to be a Friendship Ninja	F101-5 How to be a Friendship Ninja	F101-5 How to be a Friendship Ninja
	F101-6 How to Handle Tricky Situations	F101-6 How to Handle Tricky Situations	F101-6 How to Handle Tricky Situations
	F101-7 How to Take Control & Feel Heard	F101-7 How to Take Control & Feel Heard	F101-7 How to Take Control & Feel Heard
	F101-8 How to Remember URSTRONG	F101-8 How to Remember URSTRONG	F101-8 How to Remember URSTRONG
Whole-School Activity	Butterflies - Tame or Release?	Self-Regulation	Flipping Your Lid
	Natural Friend-o-meter	What is Trust?	Grow Your Mind!
	Friendship Fires - Bigger or Smaller?	Friendship Fires - Bigger or Smaller?	Friendship Fires - Bigger or Smaller?
	The Friendship Sandwich	Insta-Friends!	With a Little Help From My Friends
URSTRONG Classroom			
Whole-School Activity	Building an ANT Farm	Jamaa Critic DJ	Write an Apology Letter
	The Friend-o-meter Poster	QuickTip: How to Say "No"	The Twisting Game
	Friendship Ninja Game	Friendship Fires Fire Pit	Maintain Purpose Proof Plan
	Write an Apology Letter	Friendship Goals	The Friendship Sandwich
URSTRONG Classroom			
Whole-School Activity	I AM Artwork	Kind-On-Purpose	Butterflies - Tame or Release?
	Design a Friendship Ninja Academy	Standing up for Yourself Poster	Friendship Ninja Game
	DIY Friendship Ninjas	Friend-o-cycle Poster	Forgiveness
	Friendship is Like a Dance	Friendship is Like a Dance	Friendship is Like a Dance
URSTRONG Classroom			

RESOURCES



The 4 FRIENDSHIP FACTS

1. No friendship (or relationship) is perfect.
2. Every friendship is different.
3. Trust & Respect are the 2 most important qualities of a friendship.
4. Friendships change—and that's okay.

URSTRONG

STANDING UP FOR YOURSELF

You teach people how to treat you

HOW TO PUT OUT A FRIENDSHIP FIRE:

Find a good time to talk, just the two of you in a calm, serious voice.

1. Retel the situation
2. Explain how it made you feel
3. Talk it out using "I" statements & be honest

This is a conversation. Aim for Forgive-and-Forget!

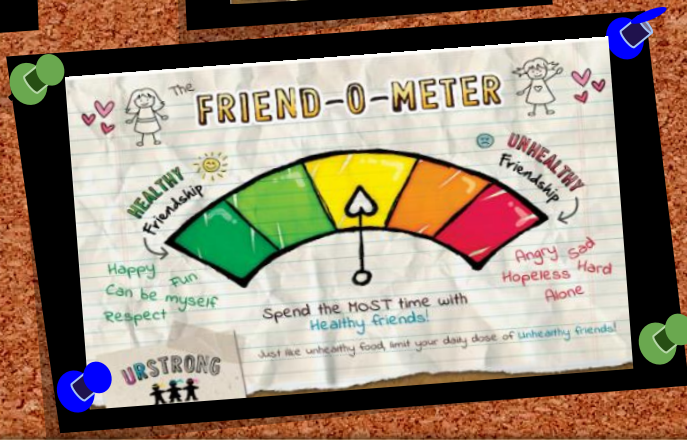
HOW TO DEAL WITH MEAN OR PURPOSE:

In that moment, in a strong voice.

1. Say your "quit" comeback
2. Walk away
3. Report it to an adult

This is NOT a conversation. Channel your inner #FriendshipNinja!

URSTRONG



I am me!

