

FRIENDS: SMALL GROUP DISCUSSION AND ACTIVITIES

Small Group Activity (5 Minutes)

Materials: Poster paper, markers

Divide the class in half. Have one group draw the perfect friend, and the other group draw a terrible friend. Label the parts of the picture with words that describe either the perfect friend or the terrible friend. For example, a good friend picture might include descriptions like "listening ears" or "a heart filled with compassion."

Share the pictures with the entire class.

SHOW THE VIDEO (16 Minutes)

Small Group Questions (10 Minutes - 5 per group, assign 3 or 4 questions)

1. What are some pros and cons of having friends?
2. What makes a great friend?
3. What can friends do to use you?
4. Why do people pursue friendships that are unhealthy?
5. If your friends are a bad influence on you, should you make a clean break from them or should you try to change them?
6. How can you be a better friend to your friends?
7. How can you heal wounded friendships?

Sharing of Small Groups (10 Minutes)

Discuss #2, #5, and finally #6. Ask students to turn their focus on what they can give in friendship, instead of what they can get.

FRIENDS: WRAP-UP

YOUR FRIENDSHIPS ARE IMPORTANT!

- Friends are an important support and offer encouragement in your life.
- Friends shape a big part of the person you are becoming.

YOUR FRIENDS OFTEN DETERMINE HOW YOU ACT AND HOW OTHERS WILL SEE YOU, SO CHOOSE YOUR FRIENDS WISELY!

- Ask yourself, "Will they help me be a better person?"
- Choose friends that encourage you to be a better person of integrity and character, not ones that tempt you with things you know are wrong.
- If you have bad friends, they will bring you down. It's best to make a clean break from bad friends.

IF YOU HAVE A BROKEN FRIENDSHIP, YOU CAN HEAL IT.

- Determine the source of the problem.
- Write a note or talk directly to them about how you could be friends again.
- Be willing to say you are sorry. Be humble!
- Forgive your friend who has hurt you, and put it behind you.
- Allow time for the wound to heal.

FRIENDS AND RELATIONSHIPS TAKE WORK!

- Allow your friends to make mistakes. Forgive them!
- Don't make comparisons or put unrealistic expectations on friends.
- Take time to give to your friends, and don't be selfish. Communicate!

HOMework: FRIENDS

HOMework Project: Friends and Me

Make a list of the four main friends you hang out with, including people you date. On a piece of paper, write the four names across the top, and leave one space open. Down the left side, list the following characteristics, and write yes or no in each column as it may apply to that particular friend:

Faithful, Trustworthy, Honest, Cheating, Lying, Talks Behind My Back, Parties A Lot, Studious, Ambitious, College-Bound, Encourager, Cuts Me Down, Positive, Negative

After you've done this, use the open column to mark which things apply to you. Now compare yourself with your friends. In essay form, consider the following questions as you evaluate your friends:

1. How are you and your friends most alike?
2. What positive characteristics do your friends have?
3. What negative characteristics do they have?
4. How do your goals and their goals differ?
5. How do they make you feel about yourself?
6. What do they encourage you to do that you shouldn't do?
7. What positive encouragement do they give you?
8. What changes in friendships could you make that might help you?
9. How are your friends helping you or dragging you down?

HOMework Project: Being A Good Friend

Using a video camera or a notepad for responses, ask five different students at lunch or break the following questions:

1. What's the most important thing in a friendship?
2. How can a friend help you the most?
3. How can a friend hurt you the most?
4. What do you wish your friends would do but they don't?
5. What does it take to build a really solid friendship?
6. What does it take to rebuild a broken friendship?
7. How do you resolve problems with friends when they've done you wrong?
8. How can people be better friends to their friends?

Based on the answers, write a short paper (two pages) on why friendships are important and what makes a good friend. Consider the following: In what ways can friends hurt us or help us? What do you see as lacking in friendships you've observed? What needs to change in the type of friend you are to others? How can friends resolve their problems, and heal broken relationships?