



Educator Guide: Friendship Video Lesson

Recommended for Grades:

5th

Time:

2 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Describe at least three qualities in a good friend.
2. Explain one way to resist pressure from friends to participate in bullying.

Lesson Description:

In the Friendship Video Lesson students will learn what makes a good friend and what a frenemy is. They will also learn what to do if they find themselves in a situation where a “friend” is trying to get them to bully someone.



Pre and Post-test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Which of these is true of a good friend? Choose three.
 - a. They are forgetful.
 - b. They are supportive.**
 - c. They are kind.**
 - d. They control their friends.
 - e. They build their friends' confidence.**
2. A person who pretends to be a friend, but isn't a true friend is called a:
 - a. Bystander
 - b. Teen
 - c. Frenemy**
3. What can you do if your friends are pressuring you to bully someone?
 - a. Be honest and tell them that's mean.**
 - b. Tell them you're in.
 - c. Just stay quiet.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Friendship Video Lesson. You may choose to use this list in any way that fits your needs.

- Bullying – unwanted, aggressive behavior that involves a real or perceived power imbalance, and is usually repeated over time
- Frenemy – a person who is, or pretends to be a friend, but isn't a true friend
- Friend – someone you trust, like and can depend on
- Friendship – a close relationship between two or more people who care about each other

Supplemental Activity: Healthy Friendships

Objectives:

After completing this activity students will be able to:

- Identify one way a friend can be supportive or encouraging.
- Describe one way to get out of a pressure situation when a friend is pressuring them to bully someone.

Materials Needed:

- Friendship Journal Worksheet (on the next page)
- White board, chalkboard or large sheet of paper

Time Required:

45 minutes

Instructions:

Hold a brief discussion around what makes a good friend. Possible discussion questions could include:

- What qualities do you look for in a friend?
- Do your friends have to like the same things as you do?
- What makes you a good friend?
- Would a true friend ask you to do something you don't want to do?

Next have students complete the Friendship Journal Worksheet. You can find it on the following page, or on the lesson page in the E-Learning Center. If you do not want to provide paper copies, students can save the document to their device and type their answers into the document. If classroom time is limited this can be assigned as homework.

After students have completed their journal questions, discuss situations where friends may pressure each other to do things that they may not be comfortable with, including bullying someone. Brainstorm different things they can do and say to their friends in those situations. It may be beneficial to write these things on the board or large sheet of paper, so students are more likely to remember them if they find themselves in a similar situation.



Friendship Journal Worksheet

Name: _____ Date: _____

Instructions: Answer the following questions. You may use an extra sheet of paper if you prefer.

Write about a time a friend encouraged or supported you. How did it make you feel?

What do you do to try and cheer up a friend when they are sad or upset? Does it help?

What is one thing you could do or say if your friends pressure you to bully someone?

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



How to Tell if Your Child May Be Involved in Bullying

What Is Bullying?

Bullying is when someone hurts someone else on purpose. A lot of the time it happens more than once. Some things to know about bullying are:

- **There is a difference in power:** Kids who bully use their power to control or hurt someone's body or feelings. Their power might be strength or being more popular than others.
- **It is repeated:** Most of the time bullying happens more than once.
- **It is done on purpose:** Bullying happens when someone means to do it. If a child doesn't mean to bump into another child in the hall, that is not bullying.

Bullying includes actions like:

- Making threats
- Spreading rumors
- Hurting someone
- Not letting someone join a group

Bullying is learned, and respect must also be learned. Children copy what they see other children and adults doing. Try to set a good example.

Signs Your Child Is Being Bullied

Look for changes in your child. Some children who are bullied may not show warning signs. Some signs that bullying might be a problem are:

- Unexplained injuries or bruises
- Lost or ruined clothes, books, school work, art or toys
- Headaches or stomachaches, feeling sick or faking illness to avoid school
- Changes in eating, like skipping meals or eating a lot
- Lower grades, loss of interest in school or not wanting to go to school
- Loss of friends or being left out
- More angry words or actions after seeing certain classmates or coming home from school
- Nervous behaviors like chewing nails or pulling out hair
- Becoming more withdrawn or fearful



Why Don't Kids Ask for Help?

Many times, kids don't tell an adult that someone is hurting or scaring them. Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless.
- They might not want to be seen as a tattletale.
- They may be afraid of the child who bullied them.
- They may be afraid they will get in trouble.
- They may fear losing friends.

How Can You Find Out if Your Child Is Being Bullied?

Ask your child:

- Is something or someone scaring you or making you upset?
- Are you ever afraid to go to school? Why?
- Does anyone make you sad at school? Why?

What Can You Do to Get Your Child Help?

If you think your child needs help, don't ignore the problem. To deal with bullying at school, work with teachers and other school staff.

Always start with the classroom teacher. If the problem continues, the next step is to go to other administrators (counselor, principal or superintendent). If the bullying is happening outside of school, talk with the adult in charge. This may be a coach, club advisor or group leader.

Signs a Child May Be Bullying Others

A child may be bullying others if they:

- Are being bullied by someone at home, in the neighborhood or at school
- Get into physical or verbal fights
- Have friends who bully others
- Blame others for their problems and make excuses for their actions
- Test limits or break rules
- Need to control others and situations



How to Tell if Your Child Is Showing Bullying Behaviors

You can:

- Attend parent teacher meetings.
- Ask your child how school is going.
- Ask your child about their friends.
- Watch your child play with others.

If Your Child Needs to Talk to Someone

If your child is a victim or is showing bullying behaviors, they may need to talk to someone. Start with your child's school and see what resources they have. Check with your health care providers to see if they can share where you can find help.

Repurposed from <http://www.stopbullying.gov>. More information for parents and caregivers, children and educators may be found at this site.



Effects of Bullying

Bullying Hurts Everyone

Children who are bullied may:

- Feel insecure
- Avoid school
- Have trouble learning

As they grow up, children who have been bullied may:

- Be depressed
- Have low self-esteem
- Have health problems
- Get poor grades
- Think about killing themselves

Those who have observed bullying may feel:

- Afraid
- Powerless to help
- Guilty for not helping
- Pressure to join in

Children who bully are more likely to:

- Get into fights
- Damage property
- Drop out of school

Children who bully often get involved in other behaviors like:

- Breaking rules
- Stealing
- Carrying a weapon
- Drinking alcohol and smoking at young ages

Repurposed from <http://www.stopbullying.gov> and <http://www.olweus.org/public/effects-bullying.page>



Transcript

Erika: Friendships are so important. They give us a sense of belonging, build our confidence, and encourage us to try to new things.

Leo: Yes, and good friends are ones who are kind, honest, supportive, respectful and good listeners. Hopefully we all have friends like that!

Erika: Sometimes though you may have a friend who is nice to you when it's just the two of you but may act differently when others are around. Or they may tease you or hurt your feelings and then say that they're just kidding. But they keep doing it even though they know it upsets you.

Leo: And sometimes they may leave you out of things or talk about you behind your back. Someone who does this is not a true friend. They're what we would call a frenemy.

Erika: A frenemy is a person who is, or pretends to be a friend, but isn't a true friend. Frenemies are often mean or fake to their friends. They manipulate them and make them feel bad.

Leo: Sometimes a friend, or group of friends, may pressure you to tease someone or leave them out on purpose. The pressure from friends to bully someone can be hard to resist. If you refuse to go along, they may turn on you too.

Erika: The best thing you can do is be honest with them. Instead of going along, try saying something like, "That's really mean. I'm not a mean person and I know you're not either. Let's find something else to do". If you're uncomfortable with something they should respect that.

Leo: If the bullying continues, you can support the person being bullied by helping them get out of the situation or telling an adult what's going on. Later, you could also offer them your support. That can help them feel better too.

Erika: Don't just stand by or join in. If you feel like you can't speak up in the bullying situation, simply walk away so it doesn't look like you support the bullying behaviors. If you choose to walk away, be sure to tell an adult what's going on.

Leo: Think about the kind of friends you want to have. Friends should be respectful, helpful, supportive and caring. If your friends don't act that way it may be time to look for new friends.

Erika: Absolutely! Because good friends will never pressure you to bully others or do anything else you're not comfortable with.



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