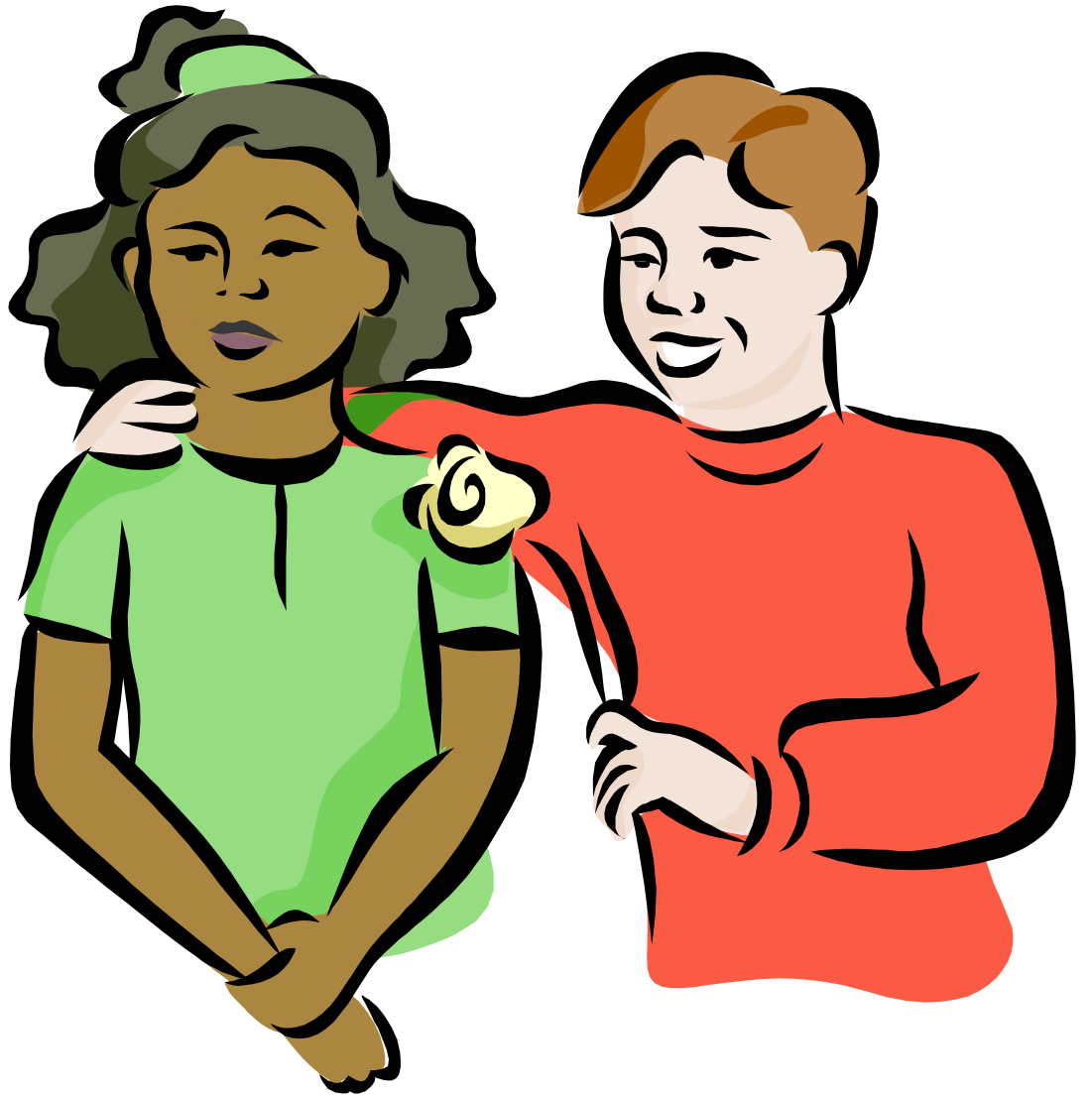


Best
Friend

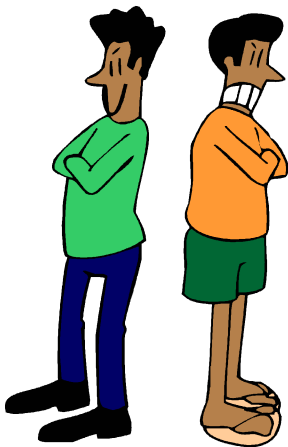


Or Worst Enemy

Best Friend or Worst Enemy?

Identify Problem: It's not uncommon for kids (especially girls) to keep up the appearance of friendships even if they dislike each other. This is one way they protect themselves from being the target of excluding or bullying behavior from their own peer group.

Exercise: Is your Best Friend a Bully?
Give each student a list of the following questions. Have them apply them to their best friend. Allow time for everyone to finish.



- Does your friend make all the decisions in your relationship?
- Is your friend constantly reminding you of, or pointing out, your bad points and problems?
- Is your friend “two-faced” (being nice to you one minute, and gossiping about you the next)?
- Does your friend criticize your personality traits?
- Does your friend try to talk you into doing things you know are wrong?
- Does your friend embarrass you in public?
- Does your friend make plans with you, and then cancel them for a better offer?
- What character traits would you want in a true friend?

Discussion: Consider this:
What are you willing to do in order to keep a “friend”?
What are some ways to make new friends? Join clubs, volunteer, etc.

Identify Skills:

- Students will learn the difference between a real friend and a bully.
- Students will become empowered to sever ties with “friends” who cause them physical or emotional harm.
- Students will learn that it is possible to make new friends if current relationships are harmful.

Source: Teresa Willie