

POSITIVE PEER RELATIONSHIPS

TARA SMITH-6TH AND 7TH GRADES
SHANNON BRADLEY-7TH AND 8TH GRADES

Tips for Being “In the Middle”

TIPS FOR BUILDING POSITIVE PEER RELATIONSHIPS:

- Friendships
- Peer Pressure
- Social Media
- Self Awareness



THE TRUTH ABOUT REAL FRIENDS

- Real friends support one another
- Real friends say “I’m sorry”
- Real friends are not jealous
- Real friends can be trusted
- Real friends show respect
- Real friends listen to one another
- Real friends make an effort
- Real friends do not control
- Real friends do not bully
- Real friends accept you for who you are



THINGS TO REMEMBER

- As interests change, friendships may too
- Middle school is an opportunity to continue to maintain existing friendships while making new friends
- Including and accepting others is important
- Treat others how you want to be treated
- Choose your friends wisely



WHAT IS PEER PRESSURE?

Peer pressure happens when someone tries to make us do something we are not comfortable doing.

It can be hard to say no to someone we want to be our friend.

Continuous peer pressure is also bullying.

HCS Policy 1710/4021/7230: Prohibition Against
Discrimination, Harassment, and Bullying

HOW TO HANDLE PEER PRESSURE

- GET TO KNOW YOU! What are your values? What is important to you?
- PRACTICE SAYING NO! Say “NO” in a firm, strong voice. Make eye contact. Don’t change your mind.
- WALK AWAY! Move away from the person pressuring you. Find a safe adult or a friend.
- BRING A BUDDY! Find a friend who will support you and stick up for you in tough situations.
- LOOK FOR POSITIVE ROLE MODELS! Who do you look up to? What kinds of choices have these role models made?
- It is ALWAYS COOL to do the RIGHT THING!!!!

SOCIAL MEDIA



SOCIAL MEDIA WARNINGS

Do not put anything on social media that you would not want put on a billboard sign on the highway for everyone to see!

- Most posts are permanent, even if deleted
- Can never be certain of someone's identity
- Posts can be manipulated and misinterpreted
- Do not always portray real life
- Cyberbullying



Social media should NOT replace regular social interaction

SELF AWARENESS - GET TO KNOW YOURSELF!

Stay true to who you are and your core values while growing as an individual!

- Work with teachers and school staff to identify areas of strength and interest
- Get involved in sports teams, clubs, music, art, and more!
- Take the opportunity to try NEW activities
- Don't be afraid to make mistakes



Insider Tips

Dress Code

Homework and Organization

Hygiene

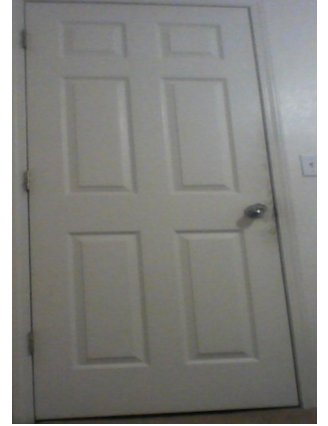
Relationships, Social Media, and Bullying



In The Beginning...



The Invasion



Productive Self Supporting Citizens



Preparing For The Roller Coaster Ride



<https://www.youtube.com/watch?v=S54C8gexrkw>



GET READY TO:

LEARN **see** DO
read **EXPLORE**
question **GROW**
laugh **Smile**
IMPROVE **SHARE**
try write **CONNECT**
imagine **DO YOUR VERY BEST**

SCENARIOS - WHAT WOULD YOU DO?

Work with a partner to read the scenario and then decide how you would handle the situation.

SCENARIO 1

You and your best friend have always played soccer together on recreational teams. You both try out for the school team and you make it, but your friend doesn't. At first your friend claims not to care, but you can tell your friend is upset. Your friend doesn't want to spend as much time together as you used to, and you have daily practices and games. What do you do?

SCENARIO 2

Your friend tells you a secret in absolute confidence. You don't really mean to, but you tell another friend. Soon the whole 6th grade seems to know your friend's secret. Your friend is really mad at you and your other friends are also mad you told the secret. What do you do?

SCENARIO 3

Your parents have a strict rule that all homework must be done before you can go out after school with your friends. All of your friends are going over to another friend's house to hang out after school and want you to go. What do you do?

SCENARIO 4

You are invited to go to Target and lunch with a new group of friends from school. You don't know them that well, but are excited that you were included in their plans. When you go to Target you think you see one of them slip a CD into a pocket without paying. What do you do?

SCENARIO 5

Your teacher asks you to stay after class. She shows you two tests that are identical in every answer: yours and the student's who sits next to you. You have just become friends with this student. You know that you did not cheat, so you suspect that the other student may have. What do you do?

SCENARIO 6

Your middle school is much bigger than your elementary school. There you saw your best friend all the time, but now you don't have any classes together and hardly see each other except for at lunch. Your friend seems to be making a whole new group of friends that you do not know. Today at lunch your friend is sitting with them and when you walk by, your friend does not ask you to sit down as usual. What do you do?

SCENARIO 7

A girl in your math class posts a picture on Instagram. Your friend and this girl do not get along. Your friend posts a rude comment on the IG picture and tells you to do the same. You don't have any problem with the girl in your math class. What should you do?

Questions?