

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR  
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.
- M 2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment.

## Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions.
- B-SMS 2: Demonstrate self-discipline and self-control.
- B-SS 2: Positive, respectful and supportive relationships with students who are similar to and different from them
- B-SS 6: Effective collaboration and cooperation skills.
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary.
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment.

# DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to teach.

## RECOMMENDED SEQUENCE:

1. Review the PowerPoint or digital for Google Slides presentation.
2. Divide students into **small groups of 3-4**. Place **2 scenario half-sheet cards and a few discussion cards** at different stations throughout the classroom. Assign each group to a station. Ask a volunteer to read the scenario aloud to the group. Then, students can talk through the 3 discussion questions on the scenario card. Next, students can work on the other scenario card at their station. Then, students can talk through the discussion cards at their station. Once students are done, they can rotate to the next station and work on the scenario and discussion cards at that station.
3. Once students have rotated around a sufficient number of times, you can ask each group to choose one half-sheet scenario to **share with the whole group** and discuss their findings, thoughts, comments, etc. Generate a whole-group discussion. Feel free to use any particularly thought-provoking discussion cards to generate a whole-group discussion, too!
4. **4 different options for worksheets are included to close the lesson.** Please choose those that best match the needs and abilities of your students.

## PRESENTATION:

Both a PowerPoint and digital for Google Slides version of the presentation are included. This presentation teaches students all about healthy friendships for boys and common friendship issues. It defines friendship issues, explains why they happen, describes how social media can exacerbate them, teaches about the 3 roles in conflict situations ("the starter," "the joiner," and "the stopper"), describes the limits of teasing, explains why fights can turn physical, encourages students to ask for help, and teaches 7 tips for coping with friendship issues.

## POSTERS:

**4 instructional posters** are included. Feel free to use these for review and display them in your space!

# DIRECTIONS PAGE 2:

## SCENARIOS:

10 half-sheet scenario cards are included in full color and black/white. They introduce students to a character, describe a situation in which he is experiencing friendship issues, and provide 3 discussion questions. Please cut them out. These are great for getting students talking in small groups!

## DISCUSSION QUESTIONS:

24 discussion question cards are included in full color and black/white. Please cut them out. These are great for getting students talking in small groups!

## WORKSHEETS:

4 different options for worksheets are included to close the lesson in full color and black/white. Please choose those that best fit the needs and abilities of your students.

Questions, comments, or suggestions? Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help!

PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! ☺



**POSTERS**

# WHAT ARE FRIENDSHIP ISSUES?

## DEFINITION:

The challenges we face in communication, trust, inclusion, and handling conflict within our relationships.

FRIENDSHIP PROBLEMS are normal!  
HOW YOU HANDLE THEM matters!

## TEASING HAS LIMITS!

Playful joking only works when everyone is having fun.

# BE AWESOME. BE YOU!

## COMMON ISSUES:

- Miscommunication or not speaking up
- Teasing that goes too far
- Feeling left out or replaced
- Competition or trying to "one-up" each other
- Avoiding conflict



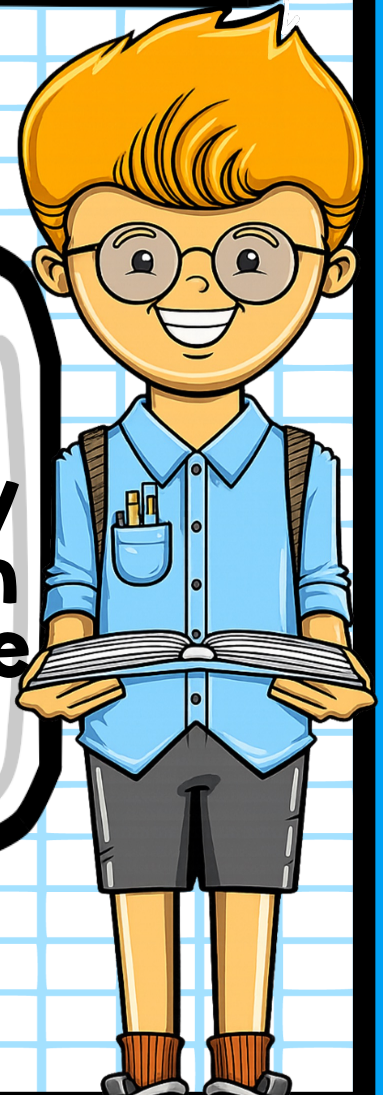
# WHY FRIENDSHIP ISSUES HAPPEN

## I. COMMUNICATION BREAKDOWN

**Middle schoolers often avoid talking things out, which leads to misunderstandings and unresolved tension.**

## 2. COMPETITION

**Sports, games, and status can create rivalry. Boys may compare themselves to each other, feel pressure to prove themselves, or take losses personally.**



# WHY FRIENDSHIP ISSUES HAPPEN



## 3. TEASING GONE TOO FAR

What starts as joking can cross a line and hurt feelings, especially if it's repeated. If you wouldn't want it said about you, don't say it!



## 4. CHANGES IN FRIEND GROUPS

New friends, shifting interests, or feeling left out can create conflict and insecurity.



# HEALTHY FRIENDSHIP TIPS



- **Pause** before you react
- Go **directly** to the source
- Keep **competition** kind

- Don't take **joking** too far
- **Don't join** in
- **Walk away**
- Choose **respectful friends**





# SCENARIOS

## FRIENDSHIP ISSUES SCENARIO #1: *Meet Jeremy Conan*



### SCENARIO:

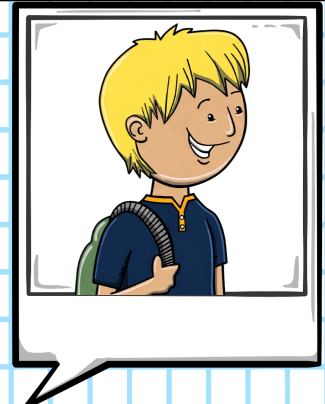
Jeremy had been playing basketball with the same group of friends every day after school, but lately things felt different. During games, a couple of the boys started blaming him when they lost and joking about his mistakes in front of everyone. At first, Jeremy laughed it off, but over time it started to bother him, especially when they stopped passing him the ball as much. One day, he heard that some of them had been playing without inviting him. Now Jeremy feels left out and unsure what to do next.

### DISCUSSION:

1. How do you think Jeremy is feeling in this situation, and what might be causing those feelings?
2. What are some respectful and confident ways Jeremy could respond?
3. If you were one of Jeremy's friends, what could you do to treat him more fairly?

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## FRIENDSHIP ISSUES SCENARIO #2: *Meet Tommy Jacobson*



### SCENARIO:

Tommy had been close friends with a group he usually sat with at lunch, but recently things started to change. A couple of the boys began making plans without him and talking about inside jokes he didn't understand. When Tommy tried to join in, they would brush him off or change the subject. One day, he asked if he could sit with them, and someone said, "We're saving seats," even though there was space. Tommy felt confused and hurt, wondering if he had done something wrong. He felt unsure what to do next.

### DISCUSSION:

1. What signs show that Tommy is being left out, and how might that make him feel?
2. What are some confident and respectful ways Tommy could respond to this situation?
3. If you were one of the boys at the table, what could you do differently to include Tommy?

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## FRIENDSHIP ISSUES SCENARIO #3: *Meet Kenan Williams*



### SCENARIO:

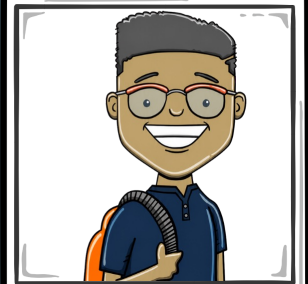
Kenan had been part of a close friend group that played video games together after school, but recently things started to shift. During games, a couple of his friends began blaming him when they lost and making jokes about how he played. At first, Kenan laughed along, but it kept happening, even when he was trying his best. One day, he noticed they had started a game without inviting him, even though they were all online. Kenan felt unsure what to do next.

### DISCUSSION:

1. How might Kenan be feeling in this situation and why?
2. What are some different confident and respectful ways Kenan could respond in this situation?
3. If you were one of Kenan's friends, what could you do differently to make the group more inclusive?

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## FRIENDSHIP ISSUES SCENARIO #4: *Meet Kenny Tucci*



### SCENARIO:

Kenny had always joked around with his friends, and teasing was a normal part of their group. Lately though, the jokes started to focus on him more and more, especially about his clothes and how he played in gym class. At first, Kenny laughed along so he wouldn't seem sensitive, but it started to bother him when it happened every day and in front of other kids. One afternoon, when he missed a shot in basketball, a couple of his friends made a bigger deal out of it and others joined in. Kenny felt embarrassed and unsure what to do next.

### DISCUSSION:

1. What signs show that the teasing has gone too far for Kenny, and how might he be feeling?
2. What are some respectful and confident ways Kenny could respond?
3. If you were one of Kenny's friends, what could you do differently to make sure the joking stays respectful?

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## FRIENDSHIP ISSUES SCENARIO #5: *Meet Juan Medina*



### SCENARIO:

Juan had been part of a group that usually hung out during recess and after school, but lately things started to feel off. When they played soccer, some of the boys stopped passing to him and made comments when he made a mistake. One day, he showed up and realized they had already picked teams and left him out until the end. Later, he heard them talking about hanging out after school, but no one invited him. Juan felt frustrated and confused, wondering if he had done something wrong.

### DISCUSSION:

1. What signs show that Juan is being left out, and how might that make him feel?
2. What are some respectful and confident ways Juan could respond?
3. If you were one of the boys in the group, what could you do differently to include Juan?

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## FRIENDSHIP ISSUES SCENARIO #6: *Meet Sawyer Sutton*



### SCENARIO:

Sawyer had been having problems with a boy he used to hang out with, and lately it had started to feel more serious. After an argument during lunch, the boy told Sawyer that if he didn't "watch himself," he would regret it. Since then, he's been making comments in the hallway and getting too close on purpose, trying to intimidate him. Sawyer feels nervous and on edge at school, and he's not sure what to do next.

### DISCUSSION:

1. What are the warning signs in this situation that show Sawyer may not be safe?
2. What are some safe and appropriate ways Sawyer could respond, and who could he go to for help?
3. If you were Sawyer's friend or a bystander, what could you do to support him?

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## FRIENDSHIP ISSUES SCENARIO #7:

### Meet Jamie Nguyen



#### SCENARIO:

Jamie had been getting along with his friends until one day he noticed a post online that seemed to be about him. It included a picture from school and a caption that made fun of something he had said in class. As the day went on, more people started liking and commenting on it, adding jokes and emojis. When Jamie saw the same kids at school, they acted like nothing had happened. He felt embarrassed and unsure what he should do next.

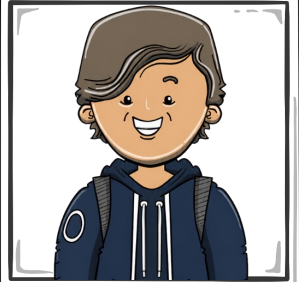
#### DISCUSSION:

1. How might Jamie be feeling after seeing the post, and why can online situations feel especially difficult?
2. What are some safe and respectful ways Jamie could respond, and who could he go to for support?
3. If you saw a post like this about someone, what could you do to help stop it?

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## FRIENDSHIP ISSUES SCENARIO #8:

### Meet Finn Radnor



#### SCENARIO:

Finn lined up with his class during kickball as two team captains started picking players. One by one, his friends got chosen, but Finn kept getting passed over. As the line got shorter, a few kids glanced at him and then looked away, and someone quietly said, "Just put him on the other team." By the time he was finally picked last, he felt embarrassed and didn't want to show it. During the game, he stayed quiet and didn't ask for the ball, wondering if his friends saw him differently now.

#### DISCUSSION:

1. How might Finn be feeling in this moment, and what made the situation uncomfortable for him?
2. What are some respectful and confident ways Finn could respond?
3. If you were one of the captains or teammates, what could you do differently to make the teams feel more inclusive?

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## FRIENDSHIP ISSUES SCENARIO #9: *Meet Mikey Ransom*



### SCENARIO:

Mikey had always ridden his scooter to school with the same group of boys, meeting up at the corner every morning. One day, when he showed up, they told him they didn't want him riding with them anymore and said he should just go on his own. They didn't really explain why, just shrugged and took off together. As Mikey followed behind by himself, he felt confused and hurt, replaying everything in his head and wondering if he had done something wrong.

### DISCUSSION:

1. How might Mikey be feeling in this situation and why?
2. What are some confident and respectful ways Mikey could respond?
3. If you were one of the boys in the group, what could you have done differently to handle the situation more respectfully?

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## FRIENDSHIP ISSUES SCENARIO #10: *Meet Daniel Reyes*



### SCENARIO:

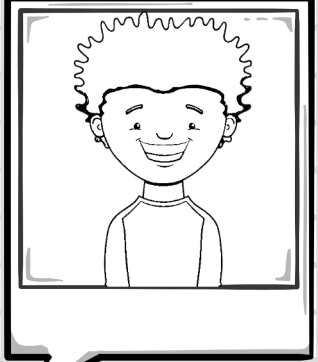
Daniel had been working with a couple of friends on a science project, and at first everything was going well. As the deadline got closer, his group started meeting without him and making decisions on their own. When Daniel asked what he could do to help, they told him they "already handled it" and gave him a small, last-minute task. On presentation day, they barely included him, even though he had tried to stay involved. Daniel felt pushed aside, wondering if his friends didn't trust him or just didn't want to include him.

### DISCUSSION:

1. What signs show that Daniel is being left out of the group project, and how might that make him feel?
2. What are some confident and respectful ways Daniel could respond to his group?
3. If you were one of Daniel's group members, what could you do differently to make sure everyone is included?

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## FRIENDSHIP ISSUES SCENARIO #1: *Meet Jeremy Conan*



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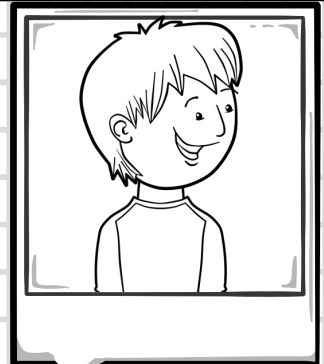
Jeremy had been playing basketball with the same group of friends every day after school, but lately things felt different. During games, a couple of the boys started blaming him when they lost and joking about his mistakes in front of everyone. At first, Jeremy laughed it off, but over time it started to bother him, especially when they stopped passing him the ball as much. One day, he heard that some of them had been playing without inviting him. Now Jeremy feels left out and unsure what to do next.

### DISCUSSION:

1. How do you think Jeremy is feeling in this situation, and what might be causing those feelings?
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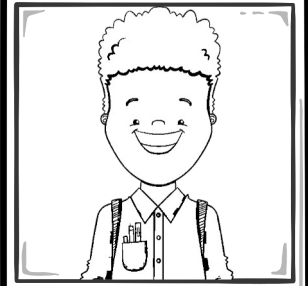
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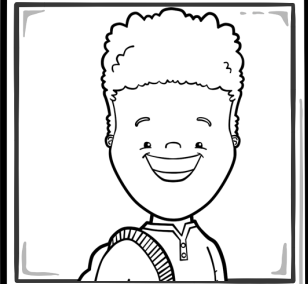
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### DISCUSSION:

1. How might Kenan be feeling in this situation and why?
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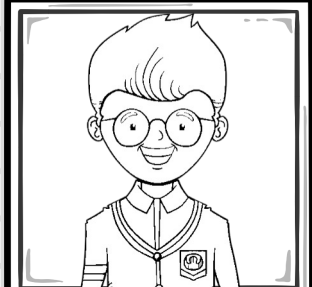
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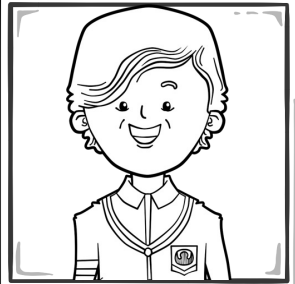
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### DISCUSSION:

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# **DISCUSSION QUESTIONS**



## FRIENDSHIP chat

**What are common friendship problems boys deal with?**

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## FRIENDSHIP chat

**Why do friendship problems happen between boys?**

© Music City Counselor



## FRIENDSHIP chat

**How can small problems turn into bigger conflicts?**

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## FRIENDSHIP chat

**What role does communication play in friendships?**

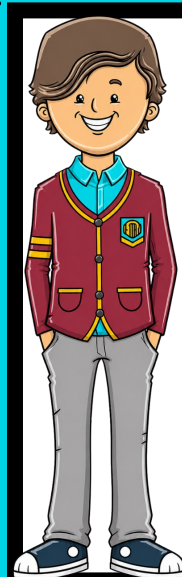
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## FRIENDSHIP chat

**Why do some boys avoid talking about problems?**

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## FRIENDSHIP chat

**How can competition affect friendships?**

© Music City Counselor



## FRIENDSHIP chat

**When does teasing cross the line from funny to hurtful?**

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## FRIENDSHIP chat

**What does it mean to be a "Joiner" in a conflict?**

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## FRIENDSHIP chat

**How can someone be a "Stopper" instead of making things worse?**

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## FRIENDSHIP chat

**Why can it be hard to stand up for someone else?**

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## FRIENDSHIP chat

**What could you do if you feel left out of a group?**

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## FRIENDSHIP chat

**How can you handle being picked last or not included?**

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## FRIENDSHIP chat

**What are respectful ways to deal with disagreements?**

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## FRIENDSHIP chat

**Why is walking away sometimes the best choice?**

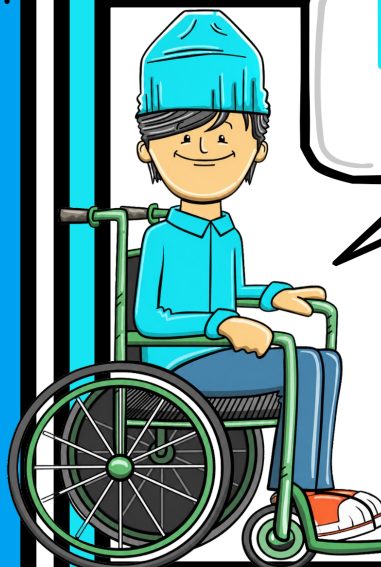
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## FRIENDSHIP chat

**Why can social media make friendship problems worse?**

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## FRIENDSHIP chat

**What should you do if someone is talking about you online?**

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## FRIENDSHIP chat

**How do you know if a friend is treating you with respect?**

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## FRIENDSHIP chat

**What are signs that a friendship may not be healthy?**

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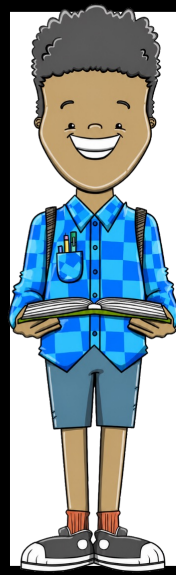




## FRIENDSHIP chat

**Why is it important to choose the right friends?**

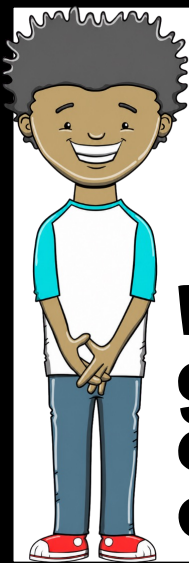
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## FRIENDSHIP chat

**How can you stay true to yourself when there's pressure to fit in?**

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## FRIENDSHIP chat

**What does a good friend do during a conflict?**

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## FRIENDSHIP chat

**Why are friendships more important than winning?**

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## FRIENDSHIP chat

**Who are trusted grown-ups you could talk to about friendship problems?**

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## FRIENDSHIP chat

**What does it mean to handle friendship problems in a respectful way?**

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## FRIENDSHIP chat

**What are  
common  
friendship  
problems boys  
deal with?**

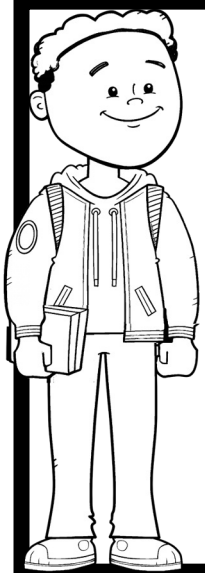
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## FRIENDSHIP chat

**Why do  
friendship  
problems  
happen between  
boys?**

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## FRIENDSHIP chat

**How can small  
problems turn  
into bigger  
conflicts?**

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## FRIENDSHIP chat

**What role does  
communication  
play in  
friendships?**

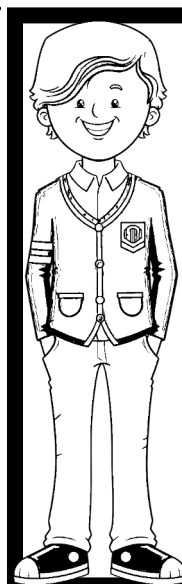
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## FRIENDSHIP chat

**Why do some  
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talking about  
problems?**

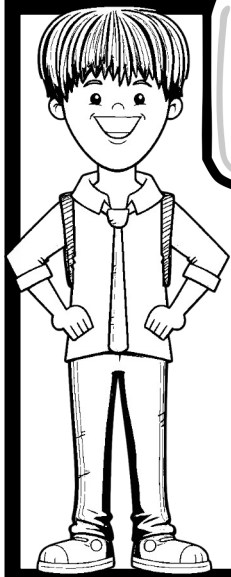
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## FRIENDSHIP chat

**How can  
competition  
affect  
friendships?**

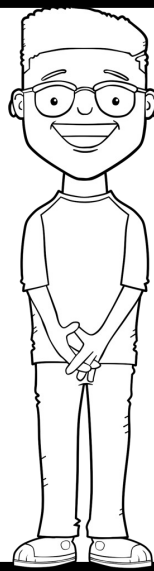
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## FRIENDSHIP chat

**When does teasing cross the line from funny to hurtful?**

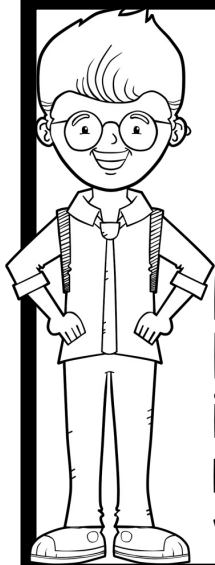
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## FRIENDSHIP chat

**What does it mean to be a "Joiner" in a conflict?**

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## FRIENDSHIP chat

**How can someone be a "Stopper" instead of making things worse?**

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## FRIENDSHIP chat

**Why can it be hard to stand up for someone else?**

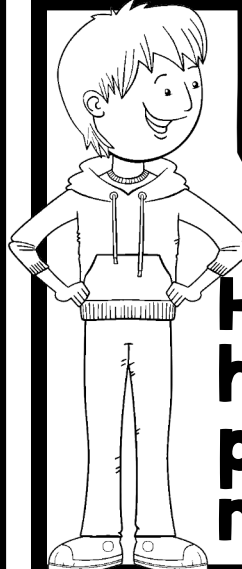
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## FRIENDSHIP chat

**What could you do if you feel left out of a group?**

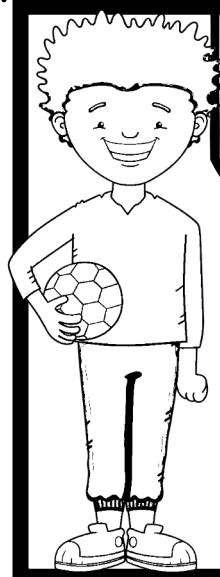
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## FRIENDSHIP chat

**How can you handle being picked last or not included?**

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## FRIENDSHIP chat

**What are respectful ways to deal with disagreements?**

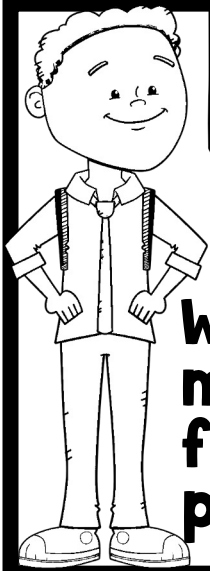
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## FRIENDSHIP chat

**Why is walking away sometimes the best choice?**

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## FRIENDSHIP chat

**Why can social media make friendship problems worse?**

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## FRIENDSHIP chat

**What should you do if someone is talking about you online?**

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## FRIENDSHIP chat

**How do you know if a friend is treating you with respect?**

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## FRIENDSHIP chat

**What are signs that a friendship may not be healthy?**

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## FRIENDSHIP chat

**Why is it important to choose the right friends?**

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## FRIENDSHIP chat

**How can you stay true to yourself when there's pressure to fit in?**

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## FRIENDSHIP chat

**What does a good friend do during a conflict?**

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## FRIENDSHIP chat

**Why are friendships more important than winning?**

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## FRIENDSHIP chat

**Who are trusted grown-ups you could talk to about friendship problems?**

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## FRIENDSHIP chat

**What does it mean to handle friendship problems in a respectful way?**

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**WORKSHEETS**

Name: \_\_\_\_\_

# HEALTHY FRIENDSHIPS for boys

1. What does a healthy friendship look like to you?

\_\_\_\_\_

\_\_\_\_\_

2. Circle how friendship issues make you feel.

SCARED FRUSTRATED WORRIED

SAD

ANGRY

CONFUSED CONFIDENT



3. Write an example of a choice that a "Starter," "Joiner," and "Stopper" would make.

The STARTER:

The JOINER:

The STOPPER:

4. Write 3 tips for coping with friendship issues.

5. Share about a time when you experienced friendship issues.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Name: \_\_\_\_\_

# FRIENDSHIP scenarios

Read the scenario. Then, write what you would say and do in this situation.



**ETHAN**

During a game at recess, a group of boys stopped passing to Ethan and started blaming him for mistakes that weren't his fault.

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**EVERETT**

Everett's friends started making plans and hanging out without him. They started a new group chat that didn't include him.

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**MARTIN**

Martin's friends kept joking about him at lunch. Even though he laughed along, it's started to bother him.

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Name: \_\_\_\_\_

# FRIENDSHIP scenarios

Read the scenario. Then, write what you would say and do in this situation.



De'Mario heard that his friends have been talking and texting about him behind his back.

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Ian has been getting messages from another boy saying he better "watch his back" after they had a disagreement at recess.

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At lunch, Minh Trung went to sit at his usual spot. When he got there, his seat was taken by his friend's new girlfriend.

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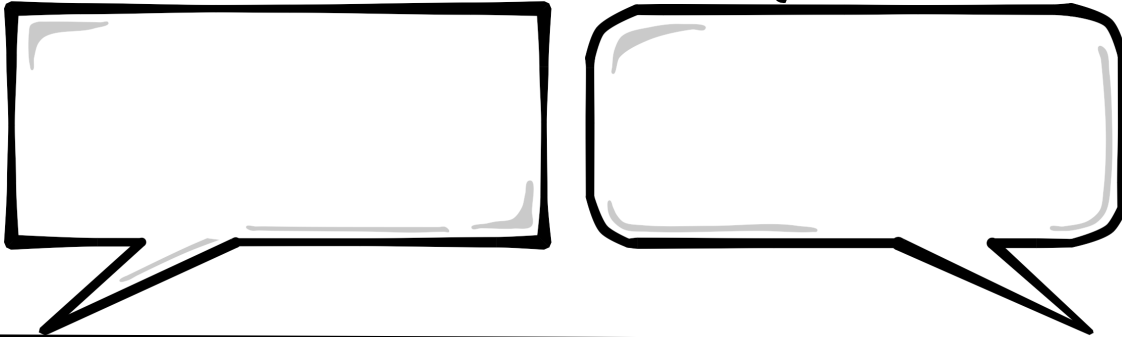
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Name: \_\_\_\_\_

# The "STARTER"

Write 2 examples of things "The Starter" would do or say.



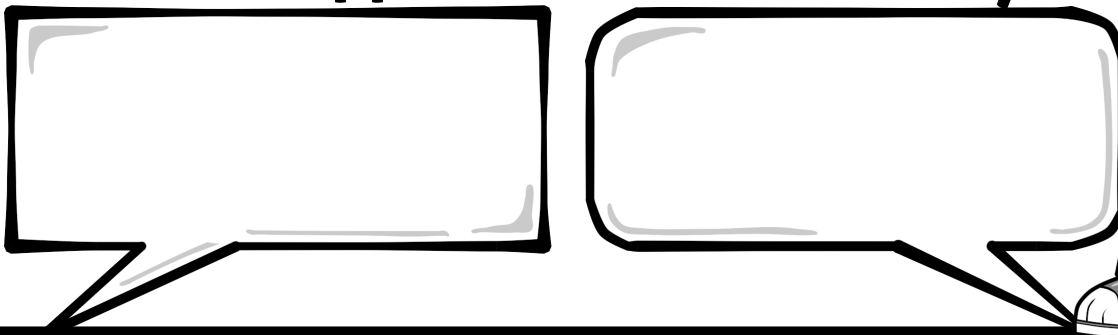
# The "JOINER"

Write 2 examples of things "The Joiner" would do or say.



# The "STOPPER"

Write 2 examples of things "The Stopper" would do or say.



Name: \_\_\_\_\_

# HEALTHY FRIENDSHIPS for boys &

1. What does a healthy friendship look like to you?

\_\_\_\_\_

\_\_\_\_\_

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SCARED FRUSTRATED WORRIED

SAD

ANGRY

CONFUSED CONFIDENT



3. Write an example of a choice that a "Starter," "Joiner," and "Stopper" would make.

The STARTER:

The JOINER:

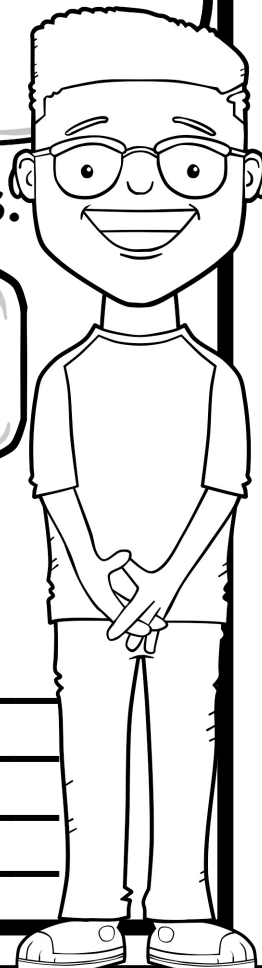
The STOPPER:

4. Write 3 tips for coping with friendship issues.

Three empty rectangular boxes for writing tips.

5. Share about a time when you experienced friendship issues.

Four horizontal lines for writing a story.



Name: \_\_\_\_\_

# FRIENDSHIP scenarios

Read the scenario. Then, write what you would say and do in this situation.



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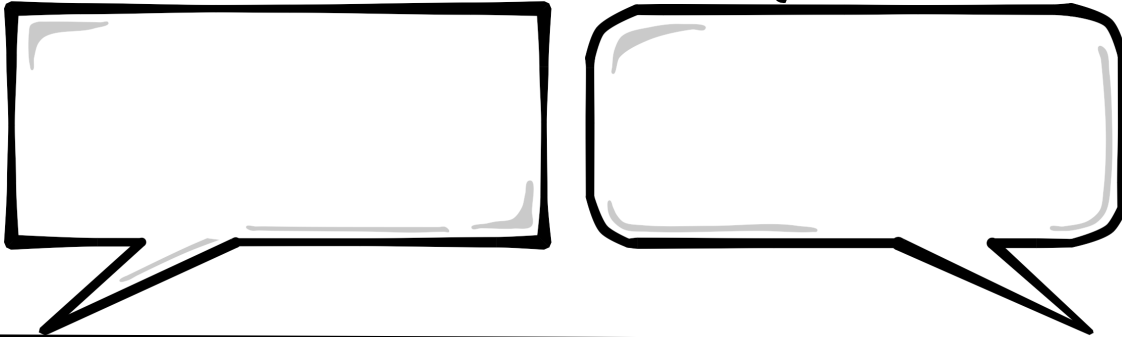
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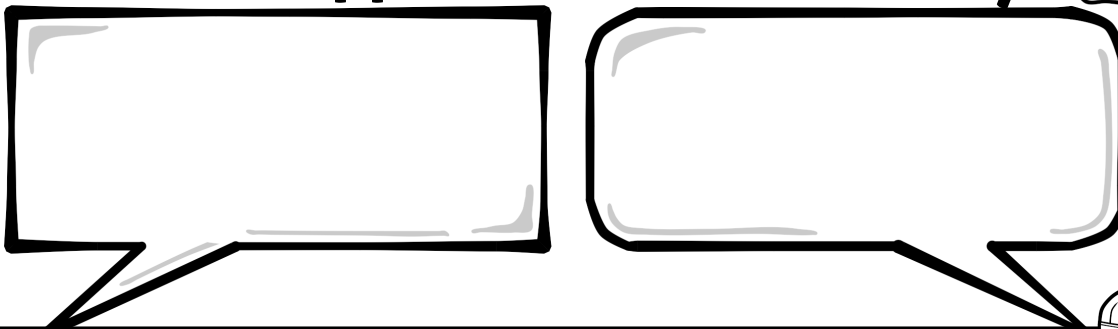
# The "JOINER"

Write 2 examples of things "The Joiner" would do or say.



# The "STOPPER"

Write 2 examples of things "The Stopper" would do or say.



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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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