

○ 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 4: Empathy.
- 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 girls 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 drama situations ("the starter," "the joiner," and "the stopper"), 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!

## SCENARIOS:

10 half-sheet scenario cards are included in full color and black/white. They introduce

# DIRECTIONS PAGE 2:

students to a character, describe a situation in which she 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:

Problems between friends that happen because of **gossip, hurt feelings, misunderstandings, or trying to fit in.**

**DRAMA GROWS WHEN** friends don't communicate clearly and kindly.

**SOCIAL MEDIA & GOSSIP** fuel drama. They pull people in, hurt trust, and hurt feelings.

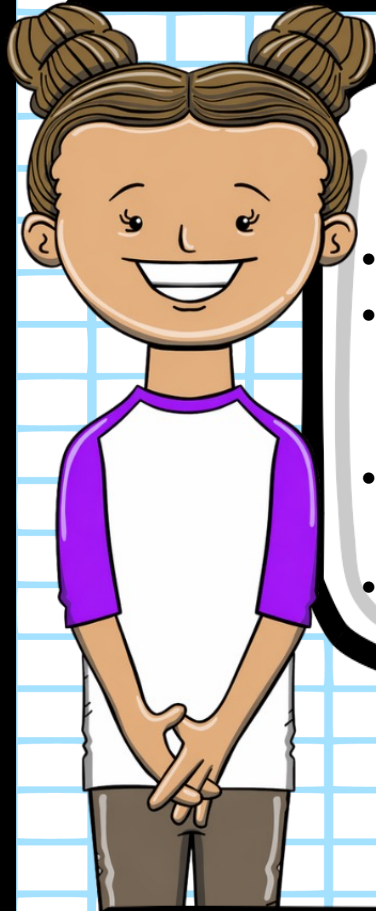
## BE KIND. BE DIRECT. BE YOU!

## DRAMA HAPPENS WHEN:

- Friends talk **about** each other rather than **to** each other
- Feelings get hurt
- **Small** problems turn into **big** ones



# WHY FRIENDSHIP ISSUES HAPPEN



## I. WANTING TO FIT IN

Middle school is when:

- Friendships matter a LOT
- Girls are figuring out where they belong

So sometimes girls:

- Agree with others even if they don't really feel that way
- Laugh or go along with it to avoid being left out

## 2. MISUNDERSTANDINGS

in texts, tone, and rumors.

- Texts don't show tone
  - Short replies can feel rude
  - Messages get passed along and changed
  - People assume instead of asking
- What you *think* happened isn't always what *actually* happened.



# WHY FRIENDSHIP ISSUES HAPPEN

## 3. HURT FEELINGS

**not handled well.** When friends feel hurt, rather than saying, "That hurt my feelings," they may:

- Talk about the person instead of to them
- Get others involved
- Act cold or mean back

**UNSPOKEN FEELINGS TURN INTO DRAMA!**



## 4. ATTENTION

Sometimes drama gets:

- Attention
- Reactions
- People choosing sides

That can make it feel:

- Exciting
- Powerful
- Important

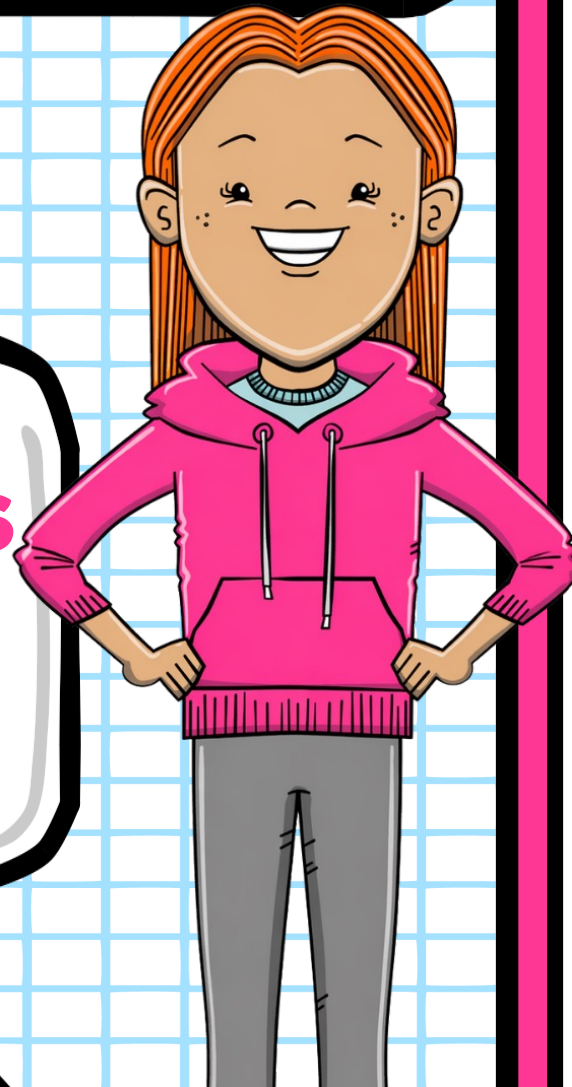




# HEALTHY FRIENDSHIP TIPS



- **Pause** before you react
- Go **directly** to the person
- **Don't join** gossip



- **Don't take sides**
- **Keep it off socials**
- Be **confident**
- **Choose friends wisely**



# SCENARIOS

## FRIENDSHIP ISSUES SCENARIO #1: *Meet LaToya Gibson*



### SCENARIO:

LaToya had been close with her two friends for years, but things started to change after a group chat blew up over the weekend. Someone shared a screenshot of a message LaToya had sent, and now parts of it were being repeated around school in a way that didn't sound like what she meant. On Monday, one friend was quiet, the other seemed distant, and LaToya noticed a few girls whispering when she walked by. She felt confused and hurt, unsure of what she should do next.

### DISCUSSION:

1. What might LaToya be feeling in this situation, and why?
2. What are some choices LaToya has for how to respond, and which one would likely lead to the best outcome?
3. If you were LaToya's friend, what could you do to help stop the drama instead of making it worse?

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## FRIENDSHIP ISSUES SCENARIO #2: *Meet Carla Johnson*



### SCENARIO:

Lately things have felt off with Carla's friend group. One day, she walked up to their usual lunch table and noticed there wasn't a seat saved for her like there used to be. Later, she overheard two girls talking about plans they had made without her. When she asked about it, one of them said, "Oh, we just forgot." But, it didn't feel like an accident. Carla started wondering if she had done something wrong, but no one would tell her directly. She felt left out, confused, and unsure what she should do next.

### DISCUSSION:

1. How do you think Carla is feeling in this situation, and what might be causing those feelings?
2. What are some ways Carla could respond, and which choice would help her handle the situation in a confident and respectful way?
3. If you were one of the girls at the table, what could you do differently to make sure Carla feels included and respected?

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## FRIENDSHIP ISSUES SCENARIO #3: *Meet Kristen Simpson*



### SCENARIO:

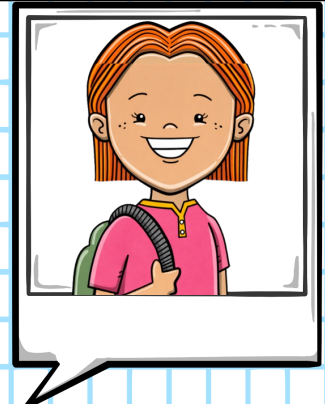
Kristen had been working on a group project with two classmates, and everything seemed fine at first. But during class, she started noticing that they were making decisions without including her and whispering to each other when she tried to share ideas. Later that day, another student told Kristen that one of her group members had been complaining about her in a different class, saying she wasn't helping enough. Kristen felt upset because she had been trying her best, and no one had said anything to her directly.

### DISCUSSION:

1. What might Kristen be feeling in this situation, and why?
2. What are some ways Kristen could respond, and which option would be the most respectful and effective?
3. If you were one of Kristen's group members, what could you have done differently to communicate and avoid creating drama?

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## FRIENDSHIP ISSUES SCENARIO #4: *Meet Regina Martin*



### SCENARIO:

Regina had always been part of a close friend group, but lately things felt different. During class, she noticed one of her friends rolling her eyes when she talked, and later she saw a group chat notification pop up on someone's phone with a name she didn't recognize. When she asked about it, her friend quickly changed the subject. After school, another student mentioned that there was a separate group chat where some of her friends were making jokes about things Regina had said. Regina felt hurt and confused, unsure what to do next.

### DISCUSSION:

1. What emotions might Regina be experiencing, and what parts of the situation could be causing those feelings?
2. What are some different ways Regina could respond in a respectful and effective way?
3. If you were one of Regina's friends, what could you do to handle the situation more respectfully?

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## FRIENDSHIP ISSUES SCENARIO #5: *Meet Maria Nguyen*



### SCENARIO:

At school on Monday, Maria's best friends were talking about how much fun a birthday party they went to over the weekend was. They shared inside jokes and pictures, but Maria hadn't been invited. When she asked one of her friends about it, she said, "Oh, it was just a small thing," even though it clearly wasn't. Later, Maria saw pictures posted online with most of her friend group there. She felt hurt and left out, wondering if she had done something wrong. Maria felt unsure what to do next.

### DISCUSSION:

1. How do you think Maria is feeling in this situation?
2. What are some ways Maria could respond, and which choice would help her handle it in a confident way?
3. If you were one of the girls at the party, what could you have done differently to include Maria or handle the situation more respectfully?

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## FRIENDSHIP ISSUES SCENARIO #6: *Meet Monica Porter*



### SCENARIO:

Monica had recently joined a new group of friends and was excited to feel included, but things started to get uncomfortable. One day at lunch, a few girls started joking about another student's outfit and asked Monica what she thought. She didn't want to be mean, but she also didn't want to feel left out, so she awkwardly laughed along. Later, she noticed that the same girls were whispering and laughing while looking at her. Monica started to worry that they might be talking about her, too. She felt stuck, unsure of what to do next.

### DISCUSSION:

1. How might Monica be feeling in this situation, and what is making it difficult for her to respond?
2. What are some choices Monica has, and which one would show confidence and respect?
3. If you were one of the girls at the table, what could you do differently to be more respectful and inclusive?

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## FRIENDSHIP ISSUES SCENARIO #7:

### Meet Keisha Clover



#### SCENARIO:

Keisha had been friends with her best friend for a long time, but lately things felt tense. During class, her friend started sitting with someone new and didn't include Keisha in conversations like before. At lunch, Keisha noticed the two of them laughing and sharing inside jokes she didn't understand. When she tried to join in, the conversation quickly changed. Later, someone told Keisha that her friend had been saying she "needed space," but hadn't explained why. Keisha felt hurt and confused, wondering why this was happening.

#### DISCUSSION:

1. What might Keisha be feeling in this situation, and what could be causing those feelings?
2. What are some ways Keisha could respond, and which option would help her handle it in a confident way?
3. If you were Keisha's best friend, what would you have done differently?

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## FRIENDSHIP ISSUES SCENARIO #8:

### Meet Lucy Tao



#### SCENARIO:

Lucy had been excited to present her project in class, especially since she had worked hard on it. Afterward, a classmate told her that a few girls had been whispering and laughing during her presentation. Later, Lucy saw a post in a group chat where someone had made a joke about her project, and a few others had reacted to it. When she saw those same girls in the hallway, they acted normal, like nothing had happened. Lucy felt embarrassed. She felt unsure who to believe and what to do next.

#### DISCUSSION:

1. How might Lucy be feeling after seeing the messages and hearing about the whispers?
2. What are some ways Lucy could respond, and which choice would help her handle the situation in a confident way?
3. If you were one of the students in the group chat, what could you do differently to be kind to Lucy?

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## FRIENDSHIP ISSUES SCENARIO #9:

### Meet Molly Riley



#### SCENARIO:

Molly had been having a normal week at school until a friend pulled her aside and asked if a rumor about her was true. Confused, Molly asked what they meant and learned that people had been saying she had talked badly about another student. It wasn't true. As the day went on, she noticed a few classmates acting differently around her, whispering or avoiding her altogether. No one came to her directly, but the rumor kept spreading. Molly felt frustrated and hurt, wondering how it started and what she should do next.

#### DISCUSSION:

1. How might Molly be feeling in this situation, and why can rumors be especially hurtful?
2. What are some ways Molly could respond, and which choice would help her handle the situation in a calm way?
3. If you heard a rumor about someone like Molly, what could you do to stop it instead of spreading it?

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## FRIENDSHIP ISSUES SCENARIO #10:

### Meet Erin Childs



#### SCENARIO:

Erin had been sitting with her friends at lunch when one of them started sharing something personal about another student who wasn't there. At first, Erin just listened, but soon the conversation turned into guessing and adding details that no one knew were true. A few people laughed, and someone said they heard even more from a different class. Later that day, Erin saw the same student they had been talking about and realized she had no idea how much of the story was actually real. Erin felt uncomfortable and unsure what to do next.

#### DISCUSSION:

1. How might Erin be feeling during and after the conversation, and what is making her uncomfortable?
2. What are some choices Erin could have made in the moment?
3. If you were part of that conversation, what could you do to stop gossip and keep it from turning into drama?

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## FRIENDSHIP ISSUES SCENARIO #1: Meet LaToya Gibson



### SCENARIO:

LaToya had been close with her two friends for years, but things started to change after a group chat blew up over the weekend. Someone shared a screenshot of a message LaToya had sent, and now parts of it were being repeated around school in a way that didn't sound like what she meant. On Monday, one friend was quiet, the other seemed distant, and LaToya noticed a few girls whispering when she walked by. She felt confused and hurt, unsure of what she should do next.

### DISCUSSION:

1. What might LaToya be feeling in this situation, and why?
2. What are some choices LaToya has for how to respond, and which one would likely lead to the best outcome?
3. If you were LaToya's friend, what could you do to help stop the drama instead of making it worse?

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### SCENARIO:

Lately things have felt off with Carla's friend group. One day, she walked up to their usual lunch table and noticed there wasn't a seat saved for her like there used to be. Later, she overheard two girls talking about plans they had made without her. When she asked about it, one of them said, "Oh, we just forgot." But, it didn't feel like an accident. Carla started wondering if she had done something wrong, but no one would tell her directly. She felt left out, confused, and unsure what she should do next.

### DISCUSSION:

1. How do you think Carla is feeling in this situation, and what might be causing those feelings?
2. What are some ways Carla could respond, and which choice would help her handle the situation in a confident and respectful way?
3. If you were one of the girls at the table, what could you do differently to make sure Carla feels included and respected?

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### SCENARIO:

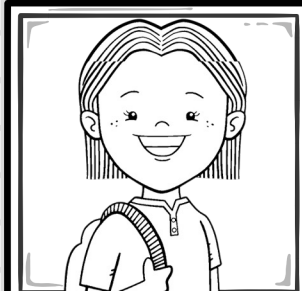
Kristen had been working on a group project with two classmates, and everything seemed fine at first. But during class, she started noticing that they were making decisions without including her and whispering to each other when she tried to share ideas. Later that day, another student told Kristen that one of her group members had been complaining about her in a different class, saying she wasn't helping enough. Kristen felt upset because she had been trying her best, and no one had said anything to her directly.

### DISCUSSION:

1. What might Kristen be feeling in this situation, and why?
2. What are some ways Kristen could respond, and which option would be the most respectful and effective?
3. If you were one of Kristen's group members, what could you have done differently to communicate and avoid creating drama?

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## FRIENDSHIP ISSUES SCENARIO #4: Meet Regina Martin



### SCENARIO:

Regina had always been part of a close friend group, but lately things felt different. During class, she noticed one of her friends rolling her eyes when she talked, and later she saw a group chat notification pop up on someone's phone with a name she didn't recognize. When she asked about it, her friend quickly changed the subject. After school, another student mentioned that there was a separate group chat where some of her friends were making jokes about things Regina had said. Regina felt hurt and confused, unsure what to do next.

### DISCUSSION:

1. What emotions might Regina be experiencing, and what parts of the situation could be causing those feelings?
2. What are some different ways Regina could respond in a respectful and effective way?
3. If you were one of Regina's friends, what could you do to handle the situation more respectfully?

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### SCENARIO:

At school on Monday, Maria's best friends were talking about how much fun a birthday party they went to over the weekend was. They shared inside jokes and pictures, but Maria hadn't been invited. When she asked one of her friends about it, she said, "Oh, it was just a small thing," even though it clearly wasn't. Later, Maria saw pictures posted online with most of her friend group there. She felt hurt and left out, wondering if she had done something wrong. Maria felt unsure what to do next.

### DISCUSSION:

1. How do you think Maria is feeling in this situation?
2. What are some ways Maria could respond, and which choice would help her handle it in a confident way?
3. If you were one of the girls at the party, what could you have done differently to include Maria or handle the situation more respectfully?

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## FRIENDSHIP ISSUES SCENARIO #6: *Meet Monica Porter*



### SCENARIO:

Monica had recently joined a new group of friends and was excited to feel included, but things started to get uncomfortable. One day at lunch, a few girls started joking about another student's outfit and asked Monica what she thought. She didn't want to be mean, but she also didn't want to feel left out, so she awkwardly laughed along. Later, she noticed that the same girls were whispering and laughing while looking at her. Monica started to worry that they might be talking about her, too. She felt stuck, unsure of what to do next.

### DISCUSSION:

1. How might Monica be feeling in this situation, and what is making it difficult for her to respond?
2. What are some choices Monica has, and which one would show confidence and respect?
3. If you were one of the girls at the table, what could you do differently to be more respectful and inclusive?

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## FRIENDSHIP ISSUES SCENARIO #7: Meet Keisha Clover



### SCENARIO:

Keisha had been friends with her best friend for a long time, but lately things felt tense. During class, her friend started sitting with someone new and didn't include Keisha in conversations like before. At lunch, Keisha noticed the two of them laughing and sharing inside jokes she didn't understand. When she tried to join in, the conversation quickly changed. Later, someone told Keisha that her friend had been saying she "needed space," but hadn't explained why. Keisha felt hurt and confused, wondering why this was happening.

### DISCUSSION:

1. What might Keisha be feeling in this situation, and what could be causing those feelings?
2. What are some ways Keisha could respond, and which option would help her handle it in a confident way?
3. If you were Keisha's best friend, what would you have done differently?

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### SCENARIO:

Lucy had been excited to present her project in class, especially since she had worked hard on it. Afterward, a classmate told her that a few girls had been whispering and laughing during her presentation. Later, Lucy saw a post in a group chat where someone had made a joke about her project, and a few others had reacted to it. When she saw those same girls in the hallway, they acted normal, like nothing had happened. Lucy felt embarrassed. She felt unsure who to believe and what to do next.

### DISCUSSION:

1. How might Lucy be feeling after seeing the messages and hearing about the whispers?
2. What are some ways Lucy could respond, and which choice would help her handle the situation in a confident way?
3. If you were one of the students in the group chat, what could you do differently to be kind to Lucy?

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### DISCUSSION:

1. How might Molly be feeling in this situation, and why can rumors be especially hurtful?
2. What are some ways Molly could respond, and which choice would help her handle the situation in a calm way?
3. If you heard a rumor about someone like Molly, what could you do to stop it instead of spreading it?

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## FRIENDSHIP ISSUES SCENARIO #10: Meet Erin Childs



### SCENARIO:

Erin had been sitting with her friends at lunch when one of them started sharing something personal about another student who wasn't there. At first, Erin just listened, but soon the conversation turned into guessing and adding details that no one knew were true. A few people laughed, and someone said they heard even more from a different class. Later that day, Erin saw the same student they had been talking about and realized she had no idea how much of the story was actually real. Erin felt uncomfortable and unsure what to do next.

### DISCUSSION:

1. How might Erin be feeling during and after the conversation, and what is making her uncomfortable?
2. What are some choices Erin could have made in the moment?
3. If you were part of that conversation, what could you do to stop gossip and keep it from turning into drama?

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# **DISCUSSION QUESTIONS**



## FRIENDSHIP chat

**What are friendship issues and how do they usually start?**

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## FRIENDSHIP chat

**Why do you think drama happens in middle school friendships?**

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## FRIENDSHIP chat

**How can misunderstandings turn into bigger problems?**

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## FRIENDSHIP chat

**What role does gossip play in creating drama?**

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## FRIENDSHIP chat

**Why is it important to talk to someone directly instead of about them?**

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## FRIENDSHIP chat

**How can social media make drama worse?**

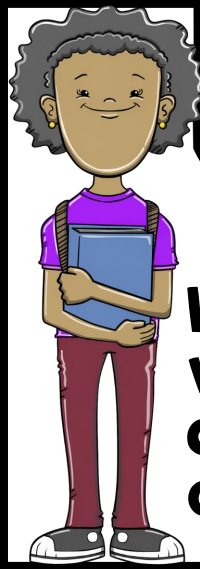
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## FRIENDSHIP chat

**What are some examples of things a "joiner" may say or do?**

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## FRIENDSHIP chat

**What are some ways to stop drama instead of spreading it?**

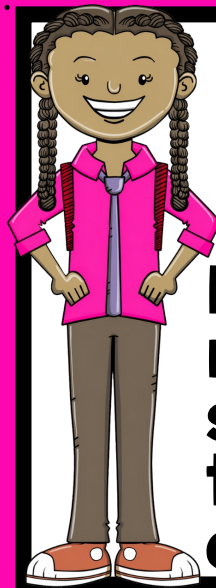
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## FRIENDSHIP chat

**Why is it sometimes hard to stay out of drama?**

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## FRIENDSHIP chat

**How can you respond when someone tries to pull you into drama?**

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## FRIENDSHIP chat

**Why don't you have to pick sides in a conflict?**

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## FRIENDSHIP chat

**What are some examples of confident responses you could use in drama situations?**

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## FRIENDSHIP chat

**How can choosing the right friends help you avoid drama?**

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## FRIENDSHIP chat

**What does a respectful friendship look like?**

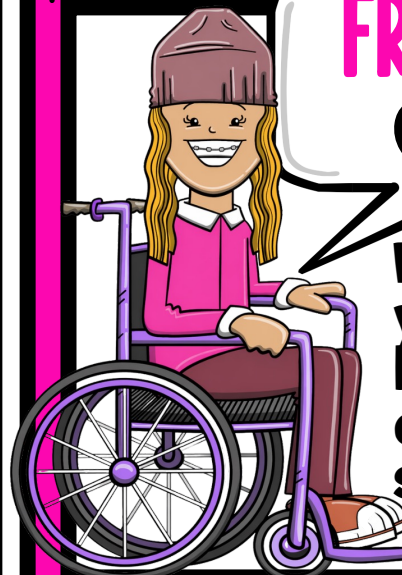
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## FRIENDSHIP chat

**How do you feel when someone talks about you behind your back?**

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## FRIENDSHIP chat

**What should you do if you hear a rumor about someone?**

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## FRIENDSHIP chat

**Why is it important to pause before reacting when you're upset?**

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## FRIENDSHIP chat

**How can you tell if something is a misunderstanding?**

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## FRIENDSHIP chat

**What are healthy ways to handle hurt feelings?**

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## FRIENDSHIP chat

**What can you do if you feel left out or excluded?**

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## FRIENDSHIP chat

**How can you support a friend without making the situation worse?**

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## FRIENDSHIP chat

**What are signs that a situation is becoming drama?**

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## FRIENDSHIP chat

**What are some examples of things a "starter" may say or do?**

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## FRIENDSHIP chat

**What are some examples of things a "stopper" may say or do?**

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## FRIENDSHIP chat

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## FRIENDSHIP chat

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## FRIENDSHIP chat

**What role does gossip play in creating drama?**

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## FRIENDSHIP chat

**Why is it important to talk to someone directly instead of about them?**

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## FRIENDSHIP chat

**How can social media make drama worse?**

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A cartoon illustration of a boy with curly hair and glasses, wearing a short-sleeved shirt and shorts, holding a book.

## FRIENDSHIP chat

**What are some examples of things a "joiner" may say or do?**

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A cartoon illustration of a boy with curly hair, wearing a t-shirt and pants, holding a book.

## FRIENDSHIP chat

**What are some ways to stop drama instead of spreading it?**

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A cartoon illustration of a boy with a headband, wearing a long-sleeved shirt and pants, holding a soccer ball.

## FRIENDSHIP chat

**Why is it sometimes hard to stay out of drama?**

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A cartoon illustration of a girl with pigtails, wearing a long-sleeved shirt and pants, standing with hands on hips.

## FRIENDSHIP chat

**How can you respond when someone tries to pull you into drama?**

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A cartoon illustration of a girl with pigtails sitting in a wheelchair, wearing a long-sleeved shirt and pants.

## FRIENDSHIP chat

**Why don't you have to pick sides in a conflict?**

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A cartoon illustration of a boy with long hair, wearing a short-sleeved shirt and shorts, holding a book.

## FRIENDSHIP chat

**What are some examples of confident responses you could use in drama situations?**

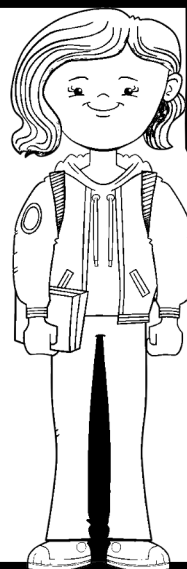
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## FRIENDSHIP chat

**How can choosing the right friends help you avoid drama?**

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## FRIENDSHIP chat

**What does a respectful friendship look like?**

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## FRIENDSHIP chat

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## FRIENDSHIP chat

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## FRIENDSHIP chat

**Why is it important to pause before reacting when you're upset?**

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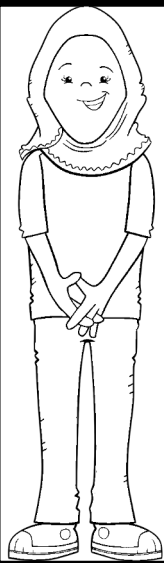


## FRIENDSHIP chat

**How can you tell if something is a misunderstanding?**

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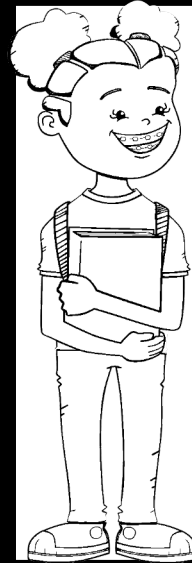




## FRIENDSHIP chat

**What are healthy ways to handle hurt feelings?**

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## FRIENDSHIP chat

**What can you do if you feel left out or excluded?**

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## FRIENDSHIP chat

**How can you support a friend without making the situation worse?**

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## FRIENDSHIP chat

**What are signs that a situation is becoming drama?**

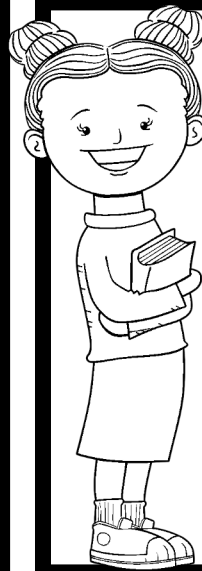
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## FRIENDSHIP chat

**What are some examples of things a "starter" may say or do?**

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## FRIENDSHIP chat

**What are some examples of things a "stopper" may say or do?**

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**WORKSHEETS**

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

# HEALTHY FRIENDSHIPS for girls

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

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\_\_\_\_\_

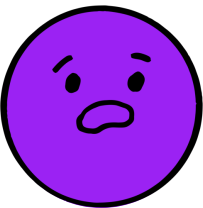
2. Circle how friendship issues make you feel.

SCARED FRUSTRATED WORRIED

SAD

ANGRY

CONFUSED CONFIDENT



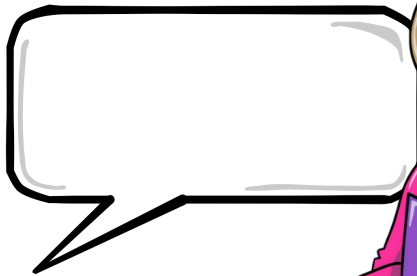
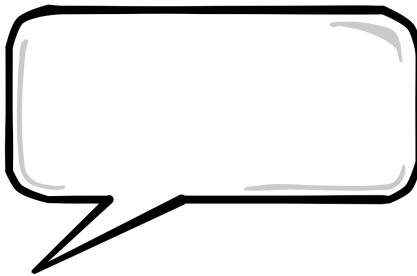
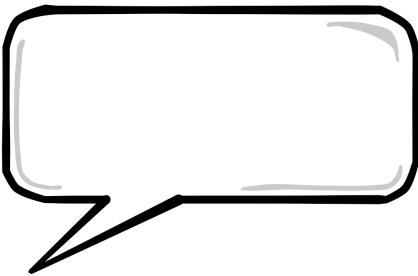
3. Write an example of a choice that a "Starter," "Joiner," and "Stopper" would make.

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.



**WANDA**

Wanda finds out that her friend group has been sharing screenshots of her private messages in a group chat without telling her.

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**HUDA**

Huda's friends have been leaving her out of plans and had a big pool party over the weekend without her.

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**LORENA**

Lorena laughed along as her friends made fun of a classmate, even though she didn't know the full story.

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

# FRIENDSHIP scenarios

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



Fawn gets upset with her friend and posts a vague message on social media about them, which quickly leads to confusion and drama among their group.

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Jessie spreads a rumor about her friend after getting upset, only to realize it quickly turns into bigger drama she can't control.

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At lunch, Kat told Samantha that she wasn't allowed to sit at their table anymore. Samantha's seat was now taken by Kat's new boyfriend.

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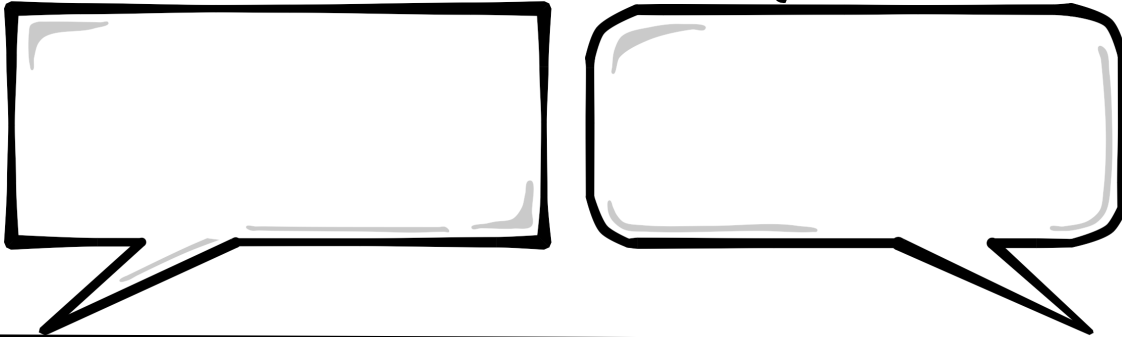
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Name: \_\_\_\_\_

# The "STARTER"

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



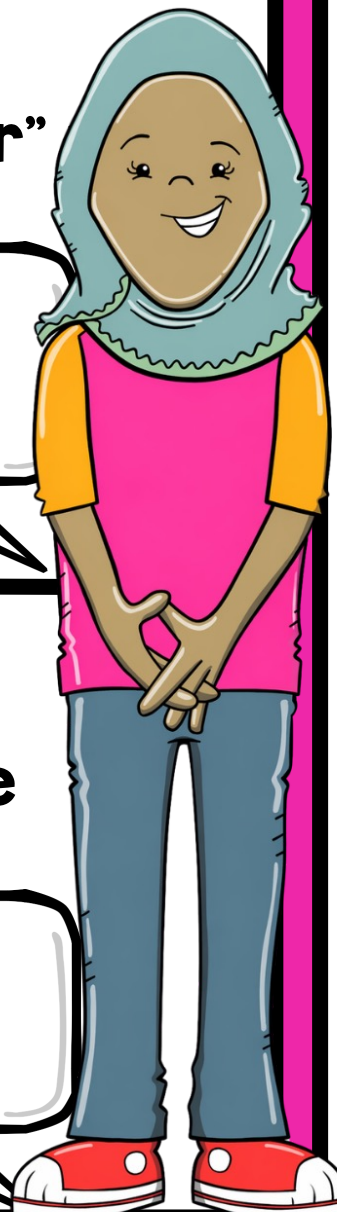
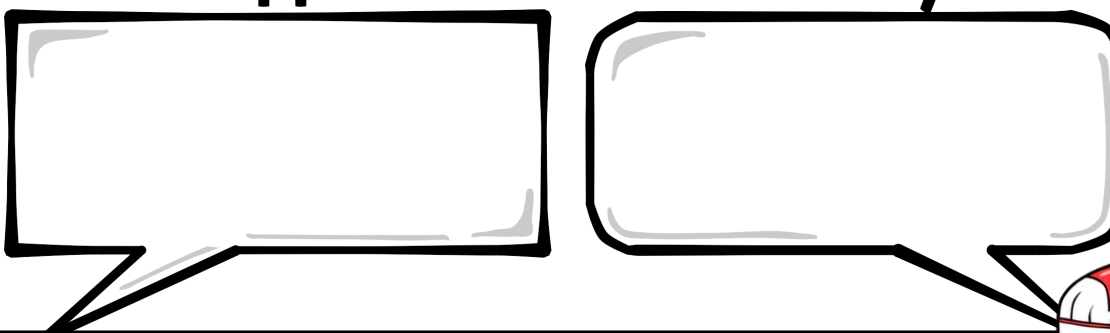
# The "JOINER"

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



# The "STOPPER"

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



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

# HEALTHY FRIENDSHIPS *for girls*

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

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\_\_\_\_\_

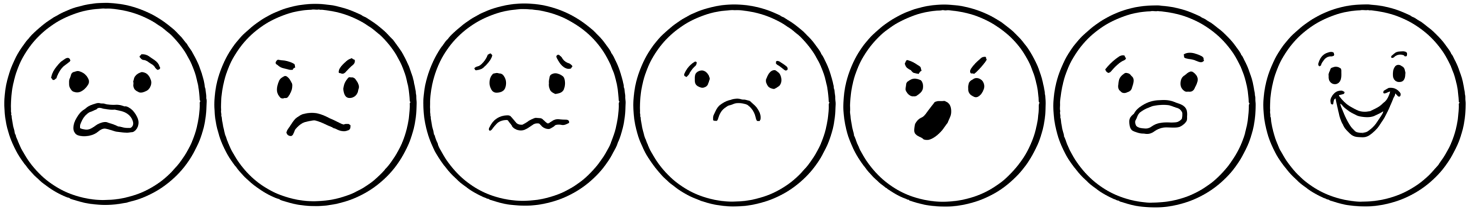
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SCARED FRUSTRATED WORRIED

SAD

ANGRY

CONFUSED CONFIDENT



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

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The STOPPER:

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

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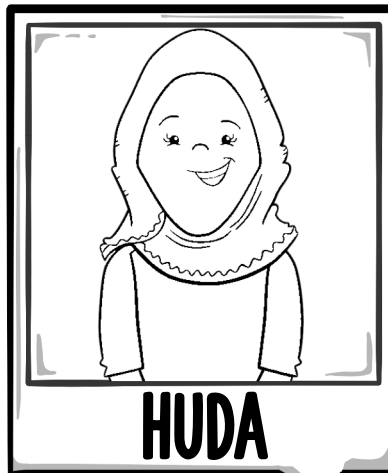
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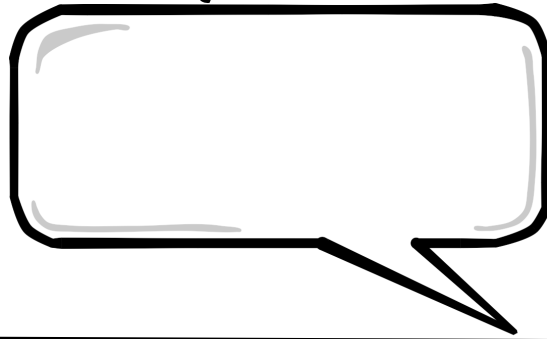
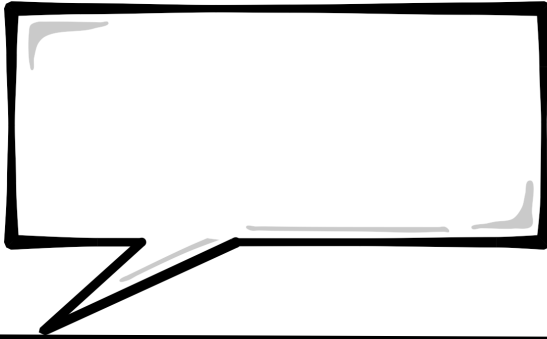
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Name: \_\_\_\_\_

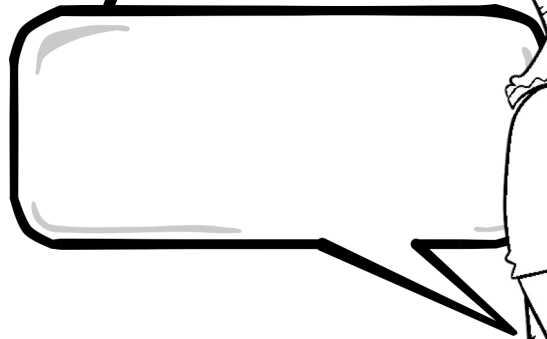
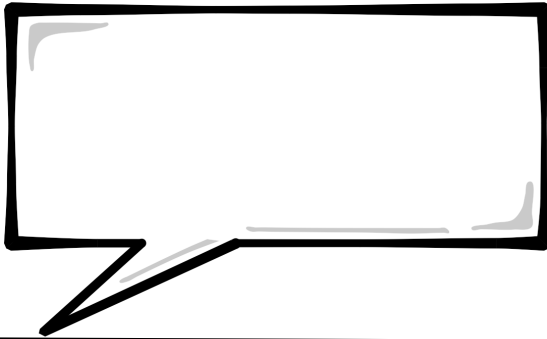
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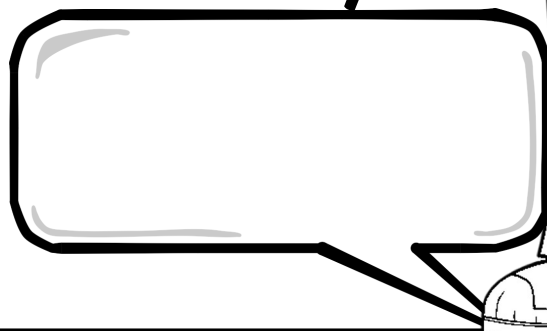
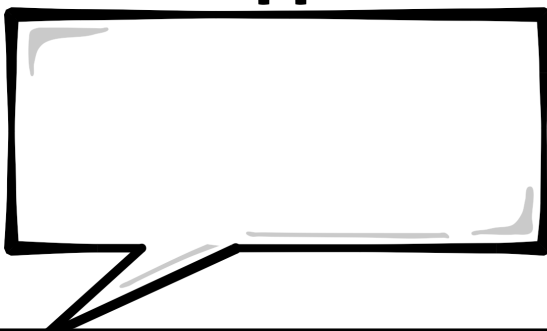
# The "JOINER"

Write 2 examples of things "The Joiner" 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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