

# THANK YOU FOR YOUR PURCHASE!



Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

## LET'S BE FRIENDS

Access my  
Freebie  
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

**1** Click here  [Middle School Files: Social Life](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# MIDDLE SCHOOL FILES

## Social Life

### Session Objective:

\*Students will identify relationship skills.

### Materials:

\*One workbook for each student.

\*Pencils.

### Guiding Questions:

\*What are ways to be successful in your social life?

\*What are some ways to prevent bullying?

\*What are some ways to say no when peer pressured?

### ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

Behavior: Social Skills: Positive, respectful, and supportive relationships with students who are similar to and different from them (B-SS 2)

Behavior: Social Skills: Empathy (B-SS 4)

Behavior: Social Skills: Advocacy skills for self and others and ability to assert self, when necessary (B-SS 8)

### SEL Competencies:

\*Relationship skills: Social engagement, relationship building, communication.

\*Social Awareness: Perspective-taking, Empathy.

### Session Details

\*Make sure each student has their own workbook and pencil to complete the workbook.

\*Say "Middle School is a new and exciting world full of new friends, new teachers, new classes and new challenges like increased responsibilities. Managing your relationships is one of those responsibilities. There are four parts of managing your social life that you need to be aware of: Friendships, Conflict Resolution, Peer Pressure, and Bullying. Think of these "middle school files" as your success skills and tricks that you will continue to develop and improve throughout your entire life. Let's start in the Friendships file. First let's discuss what friendship is and how it impacts our life." Review page two of the workbook. "Now let's talk about the best tips and tricks for building and maintaining friendships, these are tools in your toolbelt to help you better manage your social life." Go through page three of the workbook. "Now that we know these friendship techniques, let's practice them." Have students complete each page of the friendship techniques (p. 4-7). "Let's reflect on what we have learned about our own friendship skills. (complete page 8). Go through each of the four sections in the workbook in the same manner.

\*Encourage students to keep the workbook to reference it later when they need it as their social life changes and they face new challenges.





MIDDLE  
SCHOOL  
FILES



# Social Life

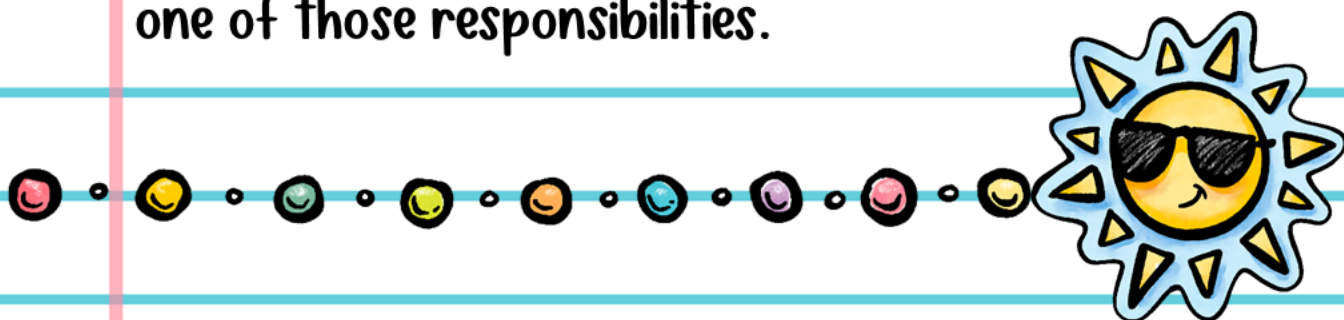




# MIDDLE SCHOOL FILES

## Social Life

Middle School is a new and exciting world full of new friends, teachers, classes, and challenges, such as increased responsibilities. Managing your social life is one of those responsibilities.



There are four parts of managing your social life that you need to be aware of: Friendships, Conflict Resolution, Peer Pressure, and Bullying.



Think of these "middle school files" as your success skills and tricks that you will continue to develop and improve throughout your entire life.



Friendships

Conflict Resolution

Peer Pressure

Bullying

# MIDDLE SCHOOL FILES

## Friendships

### What is Friendship?

Friendship is a special bond between two or more people who care about each other, support each other, and enjoy spending time together. Friends are like the family you choose for yourself. They're the people you can trust, laugh with, and confide in.



In middle school, friendships can be really important because it's a time when you're figuring out who you are and what you like. Friends are there to share your interests, hobbies, and experiences with. They're the ones who make school more fun, who have your back when things get tough, and who celebrate your successes with you.



# MIDDLE SCHOOL FILES

## Friendship Tips & Tricks

### Friendships

Here are a few ways to build and maintain friendships:

**\*Making and Keeping Friends-** Like any relationship, friendships require effort and communication to thrive. It's important to be a good friend by being kind, supportive, and respectful of each other's feelings.

**\*Quality over Quantity-** Having a few close, supportive friends is more valuable than trying to be friends with everyone. Focus on building meaningful connections with people who share your interests, values, and traits.

**\*Drama-** Involves conflicts, gossip, rumors, and social dynamics among peers. Often fueled by misunderstandings, jealousy, competition, and for social status.

**\*Toxic Relationships & Frenemies-**

Prioritize your well-being and distance yourself from friends who show harmful behaviors or negative influences. Recognize when a person pretends to be a friend while hiding feelings of jealousy, competition, or animosity towards you (frenemy).





# MIDDLE SCHOOL FILES

## Making and Keeping Friends

Think of what you want in a friend, consider what will not only start a friendship, but keep it going. Make a list below:

Here are some ideas:

Shared interests and hobbies  
Acceptance and Understanding

Sense of humor

Trustworthiness and loyalty

Empathy and compassion

Respect and kindness

Fun and adventurous

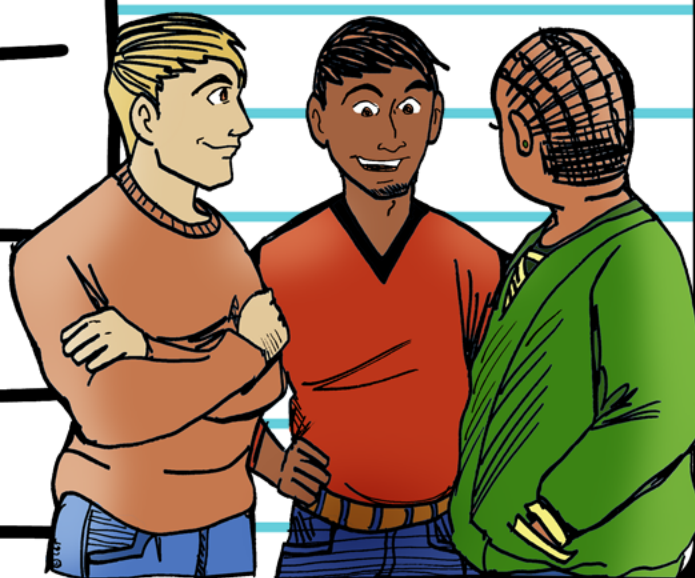
Supporting and encouraging

Honest and upfront

Forgiving of mistakes

Keep in touch, check in often

Remember important dates



# MIDDLE SCHOOL FILES

## Friendships

### Quality over Quantity

Surround yourself with friends who uplift and support you, encourage your growth, and share your values. This allows for deeper connections, greater trust, less drama, and less negative peer pressure in your life.

Personality traits that are important to me in a friend:

Values that are important to me in a friend:

Interests that are important to me in a friend:



# MIDDLE SCHOOL FILES

## Friendships

### Drama

There will be times when drama comes to you, but you have the choice to be part of the drama or remove yourself from it. Rate yourself (0-10) on how well you stay out of drama.

0 - Never do it, 10 - Do it a lot.

Overreacting or Exaggerating.

Getting too involved in others' business.

Getting others' too involved in your business.

Spreading rumors and gossip.

Giving the silent treatment.

Controlling behavior.

Backstabbing/betraying.

Trying to manipulate others.

Being fake.

Constant complaining.

Judging others.

Giving dirty looks.

Excluding others.





# MIDDLE SCHOOL FILES

## Friendships

### Toxic Relationships & Frenemies

Friends should make you feel good about yourself, not tear you down and make you feel like you aren't enough. If you're experiencing the latter with a friend, then that relationship might be toxic or a "frenemy". The first step to figuring out the health of your friendship is to ask yourself questions about how a certain friend makes you feel.

You should also ask yourself:

Do I look forward to spending time with this person?

Do they point out negative things about you or criticize you?

Do they thrive on drama and conflict?

Do they talk behind your back?

Do they act competitive with you, like they have to one up you?

Do they take advantage of you or treat you like an accessory?

Do they seem jealous or not happy towards your accomplishments?



# MIDDLE SCHOOL FILES

## Reflection

Think about how you are doing when it comes to managing friendships in your life.



I'm doing great at:



I'm working on improving:



I need more help with:



My takeaway's from this activity:



# MIDDLE SCHOOL FILES

## What is Conflict Resolution?

Conflict resolution is the process of peacefully and effectively resolving disagreements or conflicts between individuals or groups. It involves identifying the underlying issues, communicating openly and respectfully, and finding mutually acceptable solutions to the problem at hand.



Conflict is a natural part of any relationship, including friendships. In Middle School, your friendships are going to face some challenges. Learning to navigate these challenges can help strengthen the friendship. Most conflicts occur because of differing interests/values, a misunderstanding, jealousy, peer pressure, and/or feeling left out. To resolve them you must use active listening, fair communication, and make a compromise and/or apology when necessary.



Conflict Resolution



# MIDDLE SCHOOL FILES

## Conflict Resolution Tips and Tricks

Here are a few ways to help resolve conflicts peacefully:

**\*Using I statements:** Express your feelings using "I-statements" (e.g., "I feel \_\_\_ when \_\_\_ because \_\_\_"). Using non-blaming language to express yourself helps to avoid escalating conflicts.

**\*Problem-Solving-** Use a step-by-step process for resolving conflicts: Identify the specific issue or disagreement, each person expresses their viewpoint, think of possible solutions or compromises, discuss the pros and cons of each solution, agree on a solution that satisfies everyone involved.

**\*Compromise-** Making a compromise in a conflict involves finding a middle ground or mutually acceptable solution that addresses the needs and concerns of all parties involved. It requires each person to give up something they want in exchange for making an agreement that everyone can live with.

**\*Empathy and Perspective Taking-**

Consider the thoughts, feelings, and perspectives of others involved in the conflict.

Understanding different viewpoints can help resolve conflicts more effectively.

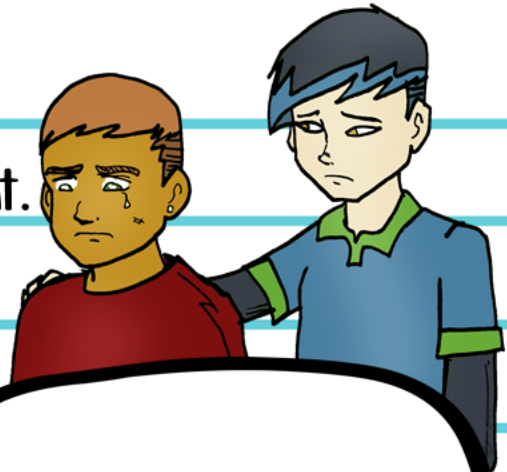


# MIDDLE SCHOOL FILES

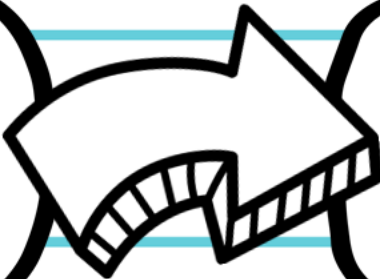
## Use I-Statements

Change the YOU statement to an I statement.

("I feel \_\_\_ when \_\_\_ because \_\_\_").

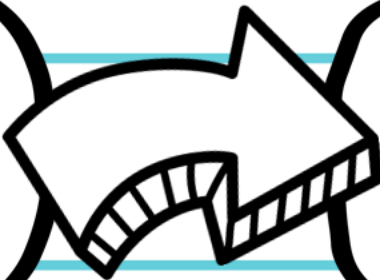


"YOU don't make  
time for me."

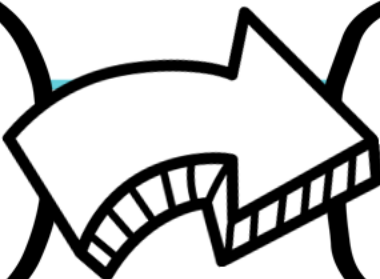


Conflict Resolution

"Why don't  
YOU ever listen  
to me?"



"YOU don't  
appreciate me."



# MIDDLE SCHOOL FILES

## Problem-Solving

Use this step-by-step process for resolving conflicts. Start by identifying what the specific problem is and then go through each step, finishing when you agree on a solution. Follow up by reflecting on the outcome in an agreed upon future date.

### THE PROBLEM:

Conflict Resolution

### PERSPECTIVES

Each person's viewpoint:

### COMMON GROUND

What are areas of shared agreement?

BRAINSTORM

Generate possible solutions/compromises:

### AGREE ON SOLUTION

What is the solution? Does everyone agree on it?

What are the pros and cons of each solution?

### EVALUATE OPTIONS





# MIDDLE SCHOOL FILES

## Compromise

Read the scenarios, and help students reach a compromise that is fair to everyone. Students will need to listen to each other's perspectives, communicate openly and respectfully, and be willing to make concessions in order to reach a compromise that satisfies everyone involved.

A group of friends wants to have a movie night together, but they have different opinions about what movie to watch. Some want to watch a comedy, and others a thriller. How can they compromise?



Conflict Resolution



Two friends in class have different ideas for the topic of their group project. One wants to do a project on climate change, while the other prefers to focus on space exploration. How can they compromise?

# MIDDLE SCHOOL FILES

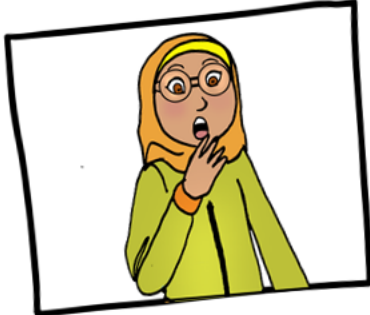
## Empathy and Perspective-Taking

Read each scenario and respond with how you would show empathy and help them feel better about the situation.

Conflict Resolution



Your friend confides in you that they're having a tough time at home due to family problems.



Your friend just had a embarrassing moment in front of the whole class, and they're feeling humiliated.



Your classmate got awarded student of the month.



Your friend just received a failing grade on a big test that they studied hard for.

# MIDDLE SCHOOL FILES

## Reflection

Think about how you are doing when it comes to resolving conflicts peacefully in your life.



I'm doing great at:



I'm working on improving:



I need more help with:



My takeaway's from this activity:



Conflict Resolution

# MIDDLE SCHOOL FILES

## What is Peer Pressure?

Peer pressure refers to the influence that peers or friends have on an individual to conform to certain behaviors, attitudes, or norms.



Peer pressure is when your friends or classmates try to influence you to do something, whether it's good or bad. Sometimes it can be as simple as wanting you to try a new game or listen to a new song. Other times, it might be more serious, like wanting you to skip class, break a rule, or do something risky.

This kind of peer pressure can be tricky to deal with because you might worry about fitting in or being left out if you don't go along with it.



Peer Pressure



# MIDDLE SCHOOL FILES

## Peer Pressure Tips and Tricks

Here are a few ways to identify and prevent peer pressure:

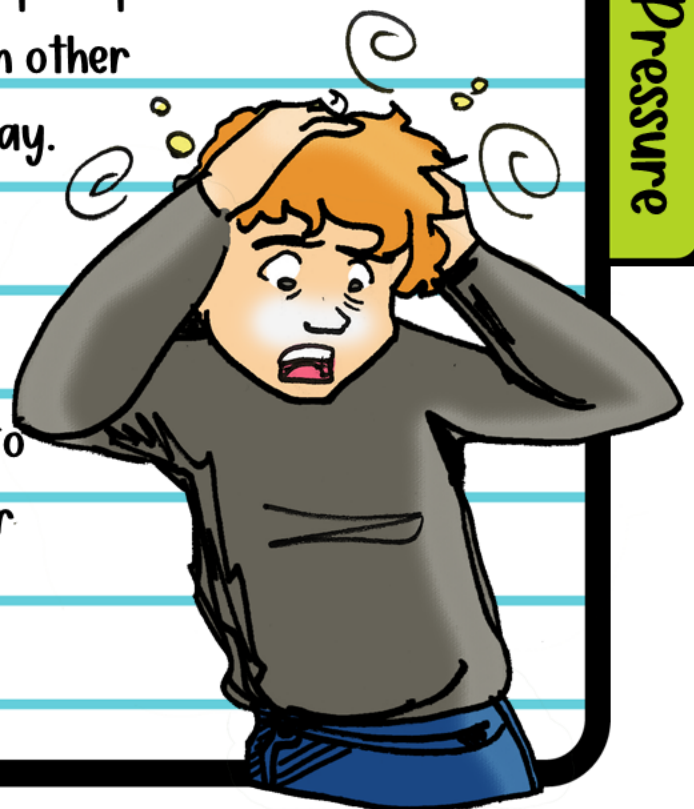
**\*Dangerous Behaviors (Substances):** Experimenting with or regularly using alcohol, tobacco, marijuana, vaping, prescription drugs, or other illicit substances.

**\*Risky Behaviors:** Habitually skipping classes or truancy, cheating, stealing, social media challenges/stunts, and/or dares.

**\*Social Acceptance-** Students may experience pressure to gain social acceptance or approval from their peers by engaging in behaviors that are perceived as cool or desirable within their peer group. This could involve trying to be part of the popular crowd or clique.

**\*Positive Peer Pressure-** Positive peer pressure refers to the influence that peers exert on each other in a constructive and beneficial way.

Unlike negative peer pressure, which may lead to harmful or risky behavior, positive peer pressure encourages individuals to make healthy choices, pursue their goals, and engage in prosocial behaviors.



Peer Pressure

# MIDDLE SCHOOL FILES

## Ways to overcome Peer Pressure

What can you do if you feel peer pressure? First, trust your instincts. If something doesn't feel right to you, it's okay to say no. You have the right to make your own choices and stick to your values. Second, surround yourself with friends who support you and respect your decisions. Real friends will understand and accept you for who you are, even if you don't always agree on everything. Lastly, don't be afraid to speak up or ask for help by talking to a trusted adult.

Here are some strategies for saying no to peer pressure:

**Offer Alternatives:** Offer an alternative activity/suggestion that aligns with your values and interests. For example, "I don't want to drink tonight, it makes me feel awful, why don't we grab some snacks instead?"

**Use humor to deflect pressure or distract attention.** For example, a witty/clever or sarcastic remark that acknowledges the pressure without giving in to it. For example, "Thanks for the offer, but I think I'll stick to being my own boss for now." or "I'm allergic to doing things I don't want to do."

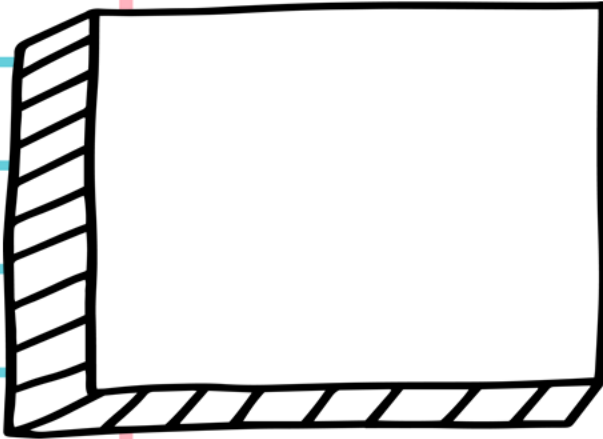
**Be Direct:** Clearly and directly state your refusal without making excuses or apologizing. For example, say, "No, I'm not interested," or "No, thanks, I'm good."



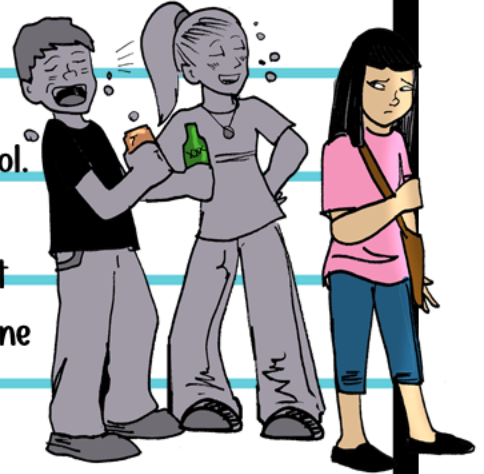
# MIDDLE SCHOOL FILES

## Dangerous Behaviors (Substances)

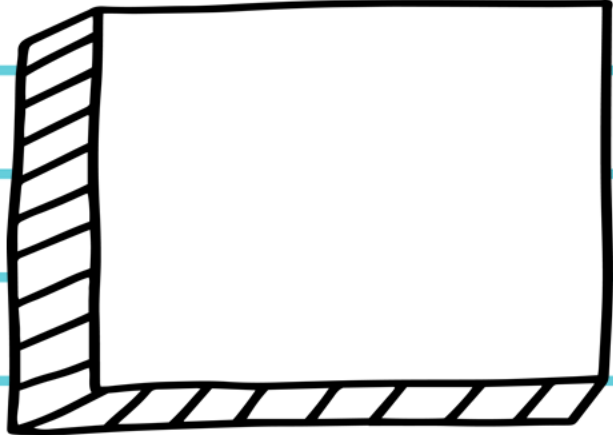
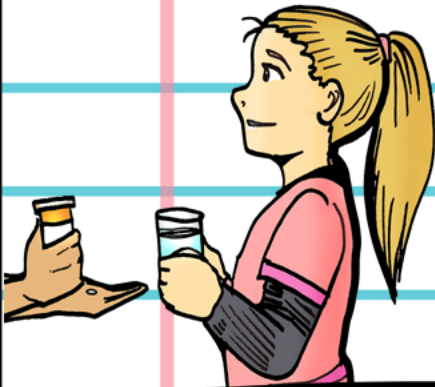
Read the scenarios and respond with how you can say no to peer pressure to try dangerous substances.



At a party, a group of people start passing around a bottle of alcohol. They pressure others to take a sip, saying it's just for fun and that everyone else is doing it.

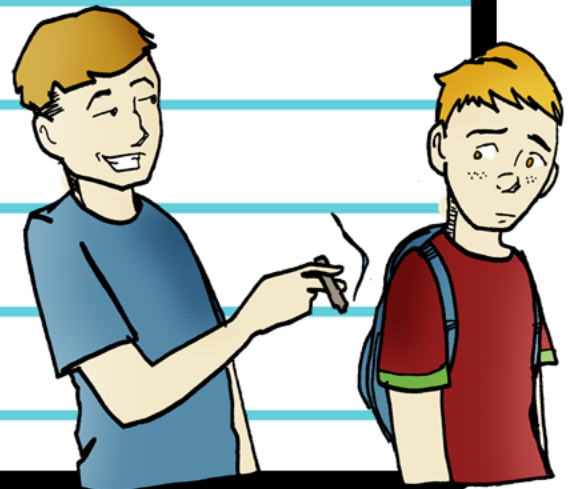
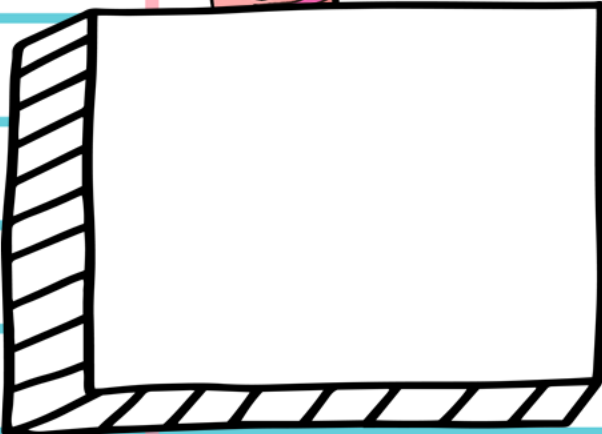


You're spending the night at a friend's house, and they bring out a bottle of pills they stole from their parents. They suggest trying it to see what it's like and pressure you to join in.



Peer Pressure

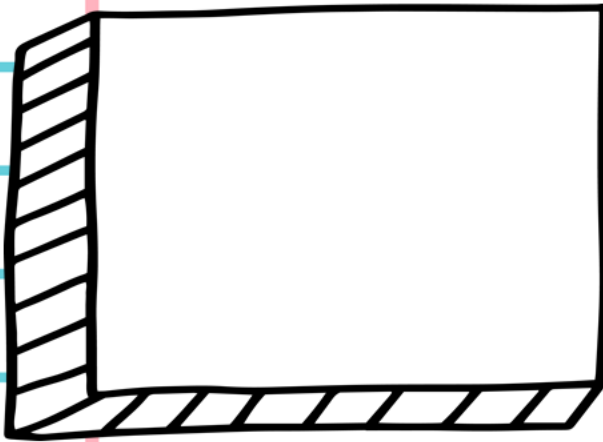
Some kids in your grade start vaping and offer you a vape pen to try, even though you're not interested and know it's not good for your health.



# MIDDLE SCHOOL FILES

## Risky Behaviors

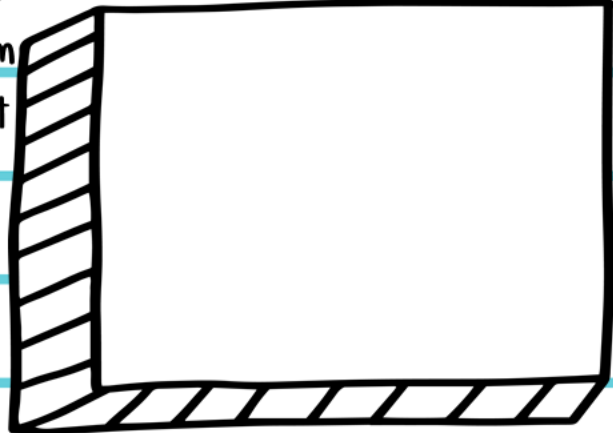
Read the scenarios and respond with how you can say no to peer pressure to do risky behaviors.



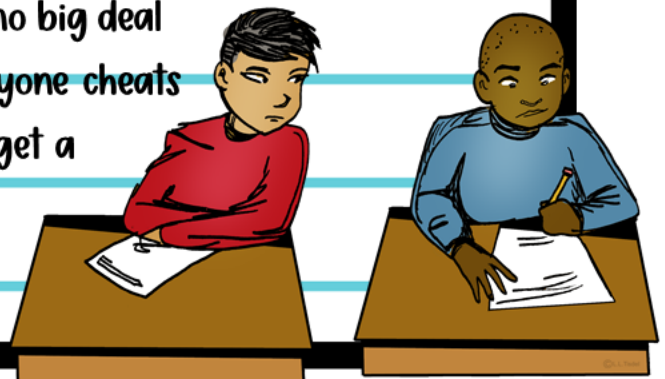
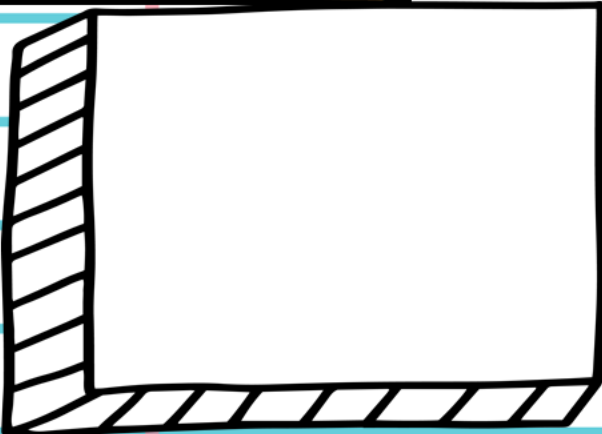
A group of classmates decides to skip class and spray paint graffiti on the school building as a prank. They pressure you to participate, saying it'll be funny and that no one will get caught.



Your friends dare you to steal something from a store while you're out shopping together. They say it's easy and that everyone does it, so you won't get caught.



Your classmates pass around answers during a test and encourage you to do the same. They say it's no big deal and that everyone cheats sometimes to get a better grade.



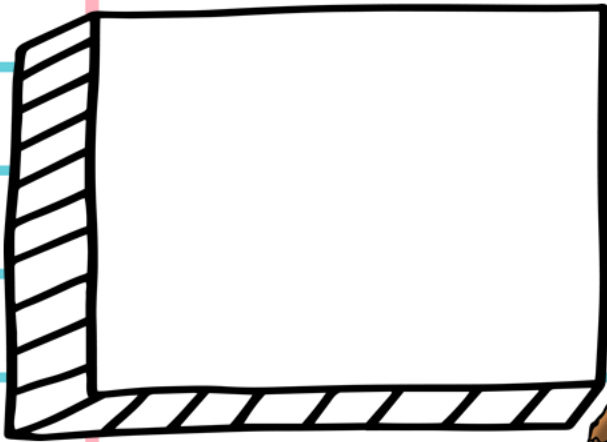
Peer Pressure



# MIDDLE SCHOOL FILES

## Social Acceptance / Fitting in

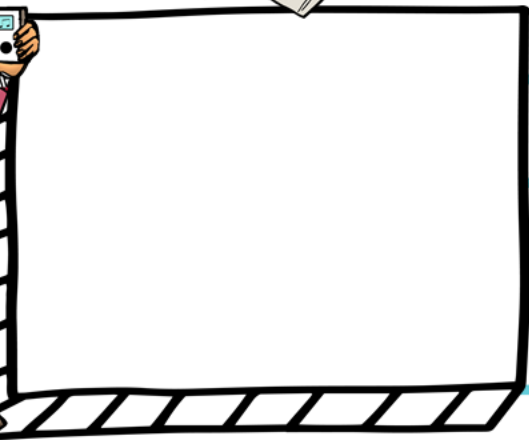
Read the scenarios and respond with how you can say no to peer pressure to fit in.



A group of classmates invites you to join their group, and you feel pressured to accept to avoid being left out or labeled as an outsider.



Your friends are all wearing a certain brand of clothing and listening to a specific type of music, and you feel pressured to follow suit to avoid standing out or being seen as uncool.



Your friends start talking bad about another friend who's not there, making fun of their appearance. They pressure you to join in, saying it's just harmless gossip.



Peer Pressure

# MIDDLE SCHOOL FILES

## Positive Peer Pressure

Peer pressure can be positive! When we hang out with those that encourage us to be our best selves, and motivate us to continue improving and fostering healthy habits.

What are some ways that I can show positive peer pressure to others?

How does it feel to be around people who encourage you to be your best self?

These are some ways that my friends positively peer pressure me:



Peer Pressure



# MIDDLE SCHOOL FILES

## Reflection

Think about how you are doing when it comes to peer pressure in your life.



I'm doing great at:



I'm working on improving:



I need more help with:



My takeaway's from this activity:



Peer Pressure

# MIDDLE SCHOOL FILES

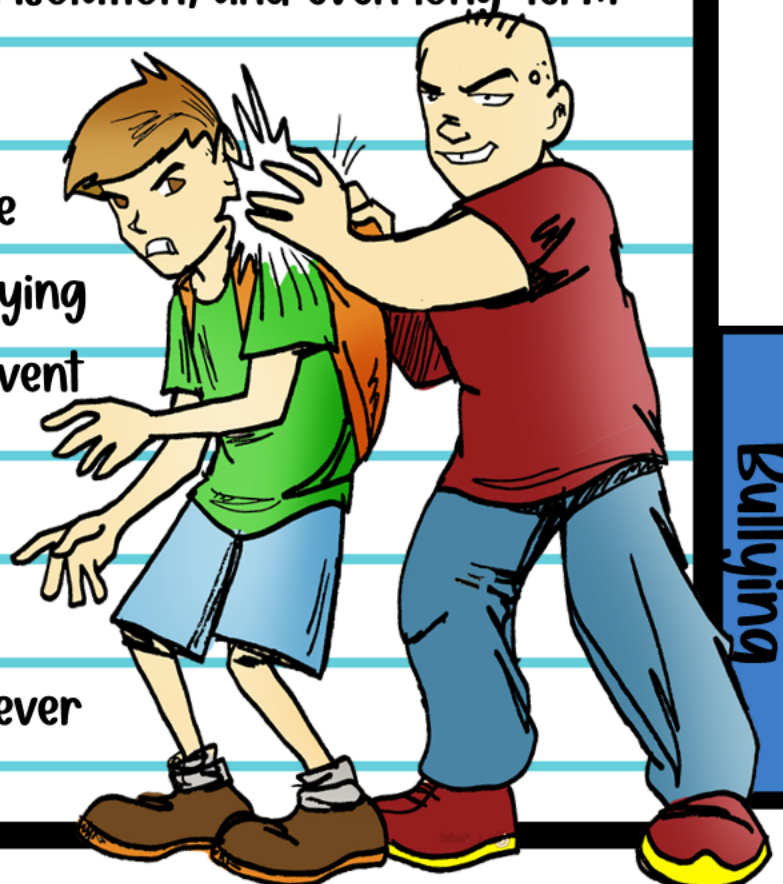
## What is Bullying?

The Anti-Bullying Alliance defines bullying as "the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power". Put simply, bullying is when someone repeatedly hurts or upsets another person on purpose, taking advantage of a situation where they have more power or control.



Bullying behavior is often repeated over time and can have serious consequences for those who experience it, including physical injuries, emotional distress, low self-esteem, academic problems, social isolation, and even long-term psychological effects.

It's important to recognize the different types of bullying and how you can help prevent it. Everyone has the right to feel safe and respected, and bullying behavior of any type is never acceptable.



Bullying



# MIDDLE SCHOOL FILES

## Bullying Tips and Tricks

Here are a things to know and prevent bullying:

**\*Physical & Verbal Bullying-** Physical bullying involves using physical force or aggression to harm or intimidate others. Verbal bullying involves using words to harm, intimidate, or humiliate others.

**\*Relational (social) Bullying-** Social bullying involves manipulating relationships, social status, or social reputation to harm or control others. This includes spreading rumors, gossiping, excluding someone from social activities or groups.

**\*Be an upstander-** Taking action to support and defend those who are being bullied, which helps create a safer, more inclusive, and more compassionate school and world for everyone.

**\*Cyberbullying-** Cyberbullying occurs through digital devices and online platforms, such as social media, messaging apps, email, or online forums. It involves using technology to harass, threaten, or humiliate others, often anonymously. Examples include spreading rumors online, posting hurtful comments or images, or creating fake profiles to impersonate or harass someone.



# MIDDLE SCHOOL FILES

## Physical & Verbal Bullying

It's important to recognize and address both physical and verbal bullying behaviors to create a safe and respectful environment for everyone. Sort the bullying examples below.

Physical

Verbal

Insulting or belittling someone by calling them derogatory names or labels.

Grabbing and pulling someone's hair, causing pain and humiliation.

Using words to frighten or coerce someone into doing something against their will.

Intentionally damaging another person's belongings as a form of intimidation or aggression.

Ridiculing or imitating someone in a mean-spirited or sarcastic manner.

Using physical force to push or shove someone, often resulting in them losing their balance or falling.

Using derogatory language or slurs on a person's race, ethnicity, nationality, sexual orientation, or gender identity.

Making unwanted sexual comments, advances, or gestures that make someone feel uncomfortable or threatened.



Bullying

# MIDDLE SCHOOL FILES

## Relational (social) Bullying

Relational (or social/emotional) bullying is often more subtle and covert in nature, relational bullies use tactics such as manipulation, exclusion, gossip, rumor-spreading, and social rejection to assert power and control over their targets.

Lucas tells his friends not to be friends with another classmate or he won't be their friend.

- ☐ Spreading rumors
- ☐ Exclusion
- ☐ Damaging a reputation
- ☐ Manipulation

Tonya tells everyone in her class that the new girl thinks she is better than everyone.

- ☐ Spreading rumors
- ☐ Exclusion
- ☐ Damaging a reputation
- ☐ Manipulation

Josh tells his friends to leave out Henry from the recess activity because he doesn't like him.

- ☐ Spreading rumors
- ☐ Exclusion
- ☐ Damaging a reputation
- ☐ Manipulation

Diandra tells everyone that Trisha is a slut.

- ☐ Spreading rumors
- ☐ Exclusion
- ☐ Damaging a reputation
- ☐ Manipulation



Bullying

# MIDDLE SCHOOL FILES

## Be an Upstander

Being an upstander means taking positive action to support and defend others who are being bullied or mistreated. Here are some ways you can be an upstander, check the ones that you feel confident doing:



- ☐ Offer Support: Reach out to the person being targeted and offer them your support and solidarity.
- ☐ Report the Bullying: If you witness bullying happening, report it to an educator, or other trusted adult.
- ☐ Speak up: Use assertive and confident language to intervene, such as saying, "That's not okay, stop it," or "Leave them alone."
- ☐ Create a Safe Space: Stand up against prejudice, discrimination, and exclusion, and promote empathy, kindness, and acceptance among your peers.
- ☐ Lead by Example: Be a positive role model for others by treating everyone with kindness and respect.




Bullying




# MIDDLE SCHOOL FILES

## Cyberbullying

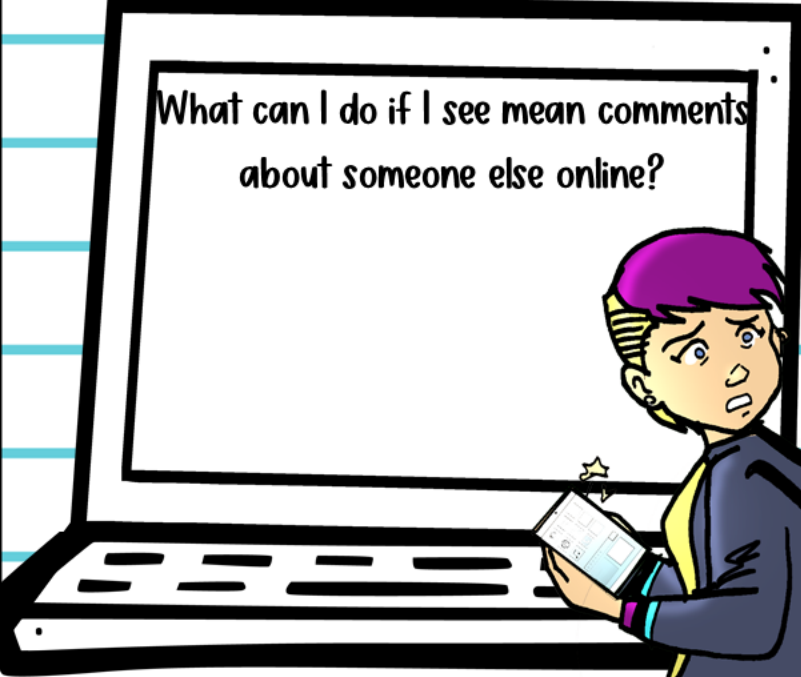
Cyberbullying can take many forms, including: Sending mean or threatening messages online or via text, spreading rumors or gossip about someone online, sharing embarrassing or private photos or videos without permission, creating fake social media profiles to impersonate or harass someone, excluding or ostracizing someone from online groups or conversations, harassing or bullying someone in online games or forums.



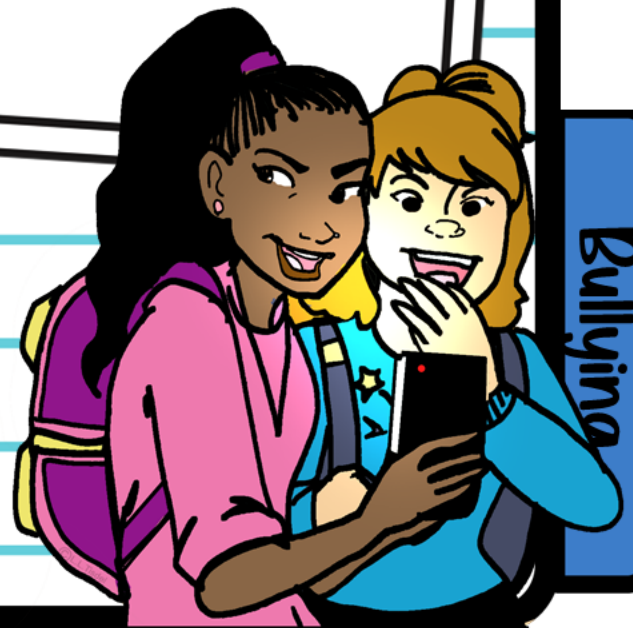
What are some consequences of cyberbullying?



What can I do if someone is being mean to me online or through text/chat?



What can I do if I see mean comments about someone else online?



Bullying

# MIDDLE SCHOOL FILES

## Reflection

Think about how you are doing when it comes to preventing bullying in your life.



I'm doing great at:



I'm working on improving:



I need more help with:



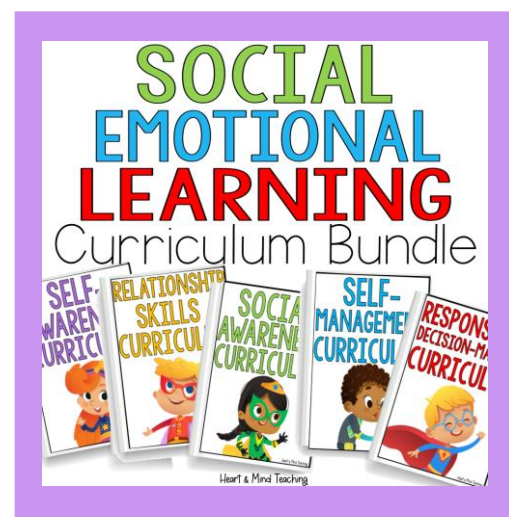
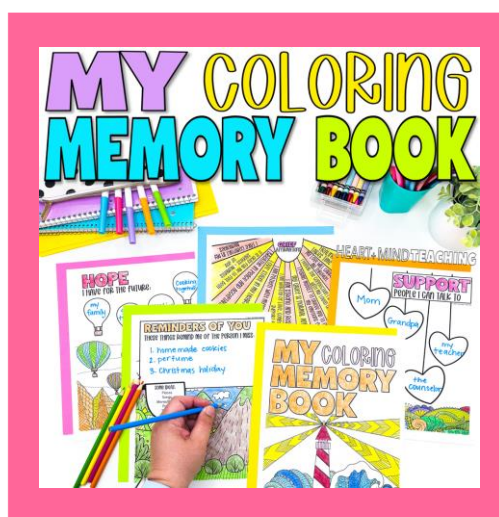
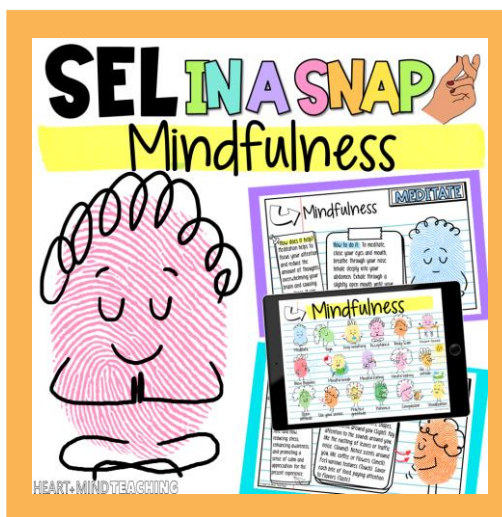
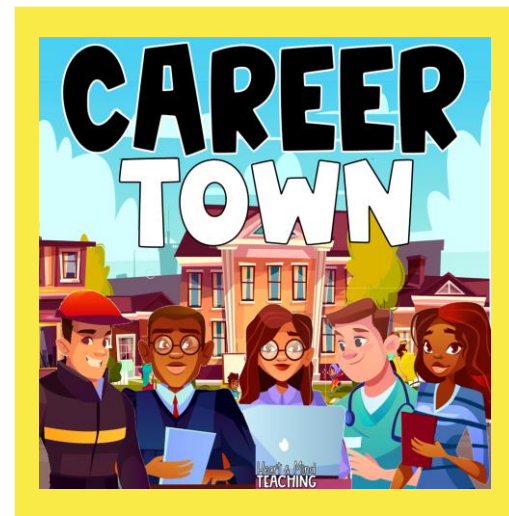
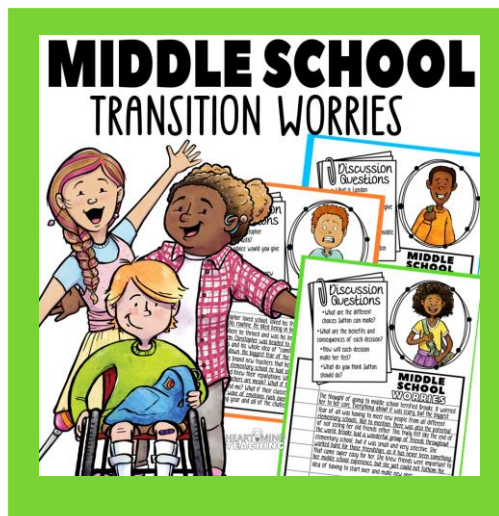
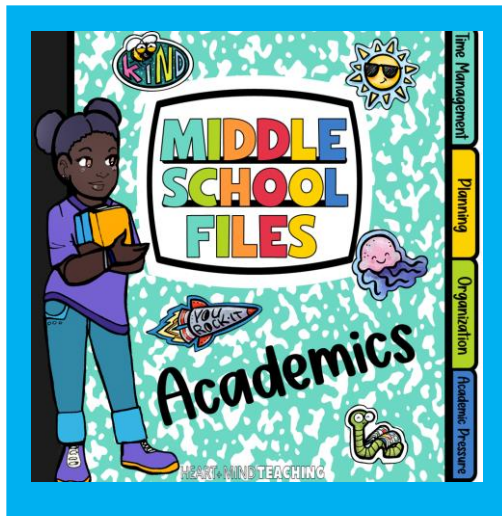
My takeaway's from this activity:



Bullying

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

## MEMBER PERKS

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



HEART+MIND  
TEACHING



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

## LET'S BE FRIENDS

  
Ashley

Access my  
Freebie  
Library



## FOLLOW FOR EXCLUSIVE SAVINGS

New products are 50% off for 24hrs.

**CLICK HERE**

★ HOW CAN YOU EARN TPT CREDITS? When you leave feedback, TpT rewards you with credits that you can use toward future purchases.

## ACCESS MY FREEBIE LIBRARY

Join my Newsletter to be informed of all future added freebies.

**I WANT FREEBIES**



# TERMS OF USE

© Heart and Mind Teaching, 2024. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

## CREDITS

