

changes during Puberty —
social Aspects
Lesson 12

Grades
4th & 5th

Friendships

In this lesson we will explore friendships during puberty.

Materials needed: journals, Petite Amie Pamphlet #4 – Social Aspects, butcher paper

Today you will need your journals and your Petite Amie Pamphlet #4 – Changes during Puberty – Social Aspects.

Side Note: Give them a bit of time to get out their materials.

I'd like you to open your journals to a new page. Put the date in the top right hand corner (or however you have your students head their papers). Write about your experience with talking to your parents about puberty last night. You have 3 minutes. Go.

Side Note: Give the girls 3 minutes to write. At the end of 3 minutes, tell them to finish what they are writing and put their pencils down.

If you have more to write, you can finish at the end of this session. Leave space in your journal if you think you'll need it.

Does anyone want to share what you've written?

Side Note: Try to get at least five girls to read from their journals.

You may get comments such as:

- ◆ **My mom started crying. I didn't know what to do. She said I was growing up so fast!**
- ◆ **My dad didn't really want to talk, so we just shot baskets together in the back yard.**
- ◆ **My parents told me they were glad I want to talk to them and that what we learned in class is really important.**
- ◆ **Mom says we'll be fine. We're best friends.**

Your friends become more and more important as you grow up. You will turn to them more and more often when you are happy, sad, or in need of someone to have fun or just talk with. Although this may be something new, it is normal.

Your childhood friendships may also change. As you begin to depend on your friends more, you will find that those friends you've had since preschool – those friends that your parents chose for you – or just





happened to live next door – may not be the ones you’d have chosen if the choice had been up to you. You may want friends that have similar as you, participate in the same activities, or come from families with the same values.

The thing is, it might not only be you changing friends, but the friends you’ve had for years may also be moving on. This can be hard to take. You have to remember, just as you are growing up and maturing, so are those around you.

At some point, you may feel left out. It can feel really rotten. Just remember that it is temporary. You are just in between friends at the moment. Use it as a time to figure out who you are and who you want to be. This time could lead you to others like you, because you have spent the time figuring out who you are and the kind of girl you want to be friends with.

I want you to take a minute to write in your journal. Write down what qualities you look for in a friend.

Side Note: While they are writing, put up one piece of butcher paper with the title: What Makes A Good Friend... At the end write: That’s why we’ll stay friends.

Now, I want you to put a star next to the top three qualities you look for in a friend. Who wants to tell me about the qualities you feel are important to you when you look for a friend?

Side Note: Make a poster with quotes from the girls about what they look for in a friend.

Some things you might want to make sure are mentioned are:

- ◆ A friend sticks up for you
- ◆ A friend doesn’t get mad at you
- ◆ A friend is loyal – she won’t ditch you for someone else
- ◆ She likes you for you, no matter what
- ◆ Someone who encourages me to do things I’m scared to do on my own.
- ◆ A friend is fun
- ◆ A friend tells you the truth
- ◆ Friends need to be nice
- ◆ A friend keeps your secrets

You all know what to look for in a friend. But is there a time to let one go? How do you know when someone is not being a good friend? How do you know when you have a friend that is not good for you? I want you to write in your journals a list of things a girl might do to cause you to end your friendship.

Side Note: While the girls are writing, get out another piece of butcher paper for another poster. This one should be titled: A friend would never... And at the bottom: ...or we'll have to part ways.

Again, I want you to star what someone could do that would make you either have to confront her about her actions, or end the friendship.

Side Note: Again quote the girls on the poster about what a friend might do to cause their friendship to end. **You might hear:**

- ◆ **A friend doesn't take advantage of others**
- ◆ **She hurt my feelings on purpose**
- ◆ **She tries to make me do things I know aren't right**
- ◆ **She threatened me**
- ◆ **If a friend scares you**
- ◆ **A friend doesn't lie or spread rumors about you**
- ◆ **She laughed at me in front of a bunch of other people**
- ◆ **She said mean things about my little brother**
- ◆ **She told the boy I like, secrets about me**

It's really important that if you have a friend who behaves in any of the ways just listed, you think seriously about your friendship. Consider trying to resolve your conflicts if it's possible. But above all, take care of yourself, and if that means taking a break from a relationship, that's okay. Also take a look at yourself. Have you done any of the things on this list to any of your friends? Do you need to make some changes in order to save a friendship?

Being able to stand up for yourself is one of the most important things you will ever learn. The ability to talk to a friend about her bad behavior, even though it can be really scary, whether it is toward you or someone else is very important. Nobody can treat you badly unless you are willing to take it. Don't take it.

For homework, you are to write about a conversation you need to have with a friend. It can be because they have behaved badly towards you or someone else, to apologize for your own behavior, or to thank a friend for being a great friend. If you chose the last option, make sure you write the qualities that make this friend one you treasure.

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