

Making and Keeping Friendships
8th Grade Advisement Activity
Estimated time: 20-30 Minutes

Georgia’s Teachers-As-Advisors Framework

Goal 8-3.2 - Develop positive, highly-developed interpersonal skills

- b. Recognize the benefits of interacting with others in a way that is honest, fair, helpful, and respectful
- d. Identify and demonstrate ways to respect and work cooperatively and collaboratively with others

Objectives: Students will understand the importance of making and keeping friends.

Materials: Handout, “Record of Me”

Activity:

1. *Say:* Good morning. Welcome to advisement. Today we are going to talk about getting and keeping friends. Next year you will be in high school and you will meet lots of new people and make new friends as well as keep your old friends. We are not born knowing how to be a good friend or even how to keep friends. We can change how we are by learning new ways to do things. It is a learning process that most of you have already experienced.
2. *Distribute the handout, “Record of Me”. Read the directions. Allow students time to complete their record. While they are completing the assignment, write the questions below (#4) on the board or on your flip chart.*
3. *Say:* With your elbow partner, share your record. Discuss why you made the choices you made. Did you have anything in common?
4. *Say:* Divide into 4 groups by counting off by 4s. In your groups answer the following questions:
 - a. Should your friends be able to depend on you? Why is this important?
 - b. Should you pick your friends because of the way they dress or where they live?
 - c. What characteristics make a good friend?
5. *Discuss the answers to the questions. Make a list of the characteristics of a good friend on the board or flip chart. Make a list of the characteristics of a bad friend on the board or flip chart.*

Good Friend	Bad Friend
Respects your opinion	Always want things their way
Has their own interest beside you	Jealous of other relationships
Acts like they are your equal	Is critical of you and others
Honest	Is possessive your time
Doesn’t criticize you	Acts like they are better than you
Supportive	May lie to you
Has similar interest and values	Encourages you to make bad choices
	Has different values than you
	Uses you to get something

6. *Dismiss:* Remember it will be important that you maintain your friendships and make new friends at the high school. If you question your friendship, ask yourself these questions: Does your friend make you feel good? Do you ever wonder if your friend says bad things about you behind your back? Does your friend ever ask you to do things that you are uncomfortable with? Does your friend make you feel like you are not as good as they are? Does your friend not like it when you hang out with other people? Does your friendship make you feel safe and comfortable?

Advice: Stay involved with clubs and athletic events. It will be different at the high school; but it will be fun! Have a great day and I will see you the next time we meet or before, if you should need me. *Optional if appropriate-*We have one more advisement together before you go to the high school. I have truly enjoyed our time together and if you should ever need me, you know where to find me.

Friendships

When a songwriter composes a song, that person wants to share his/her ideas with others. This activity will allow you to share some things about yourself with others. Pick six of the following to create a "Record of Me".

- My Favorite Song
- My Favorite Place to go with Friends
- My Best Friend
- Month of Birth
- My Pet
- Best Vacation Ever
- Class I Like Best
- Sport I Like to Do Best
- Favorite Movie
- Favorite Performing Artist
- Favorite Food
- Where I Was Born
- Best Friend at School
- Favorite Restaurant

