



Embedding our School-Wide Friendship Strategy

What is Friendology?

Friendology 101 is a skills-based social and emotional learning program that helps build children's skills in fostering and maintaining healthy friendships. It aims to assist children in Years 1- 6 in developing the skills, language and self-confidence to be better friends and develop a solid foundation for future healthy relationships.

The Purpose of Friendology at OLC:

To build healthy relationships at OLC.

How does the program work at OLC?

Each week teachers in Years 1-6 provide a 20 minute (approximately) Friendology lesson pertinent to the class and the Year level.

The Key areas that teachers chose lessons from are:

- Building Self-Worth
- Bullying Prevention
- Conflict Resolution
- Healthy Relationships
- Hot Topics





Friendology 101 Core Curriculum involves 8 areas:

Teachers ensure all these areas are covered throughout each year.

- How to Get Real
- How to Make Friends
- How to be a Great Friend
- How to Put out Friendship Fires
- How to be a Friendship Ninja
- How to handle Tricky Situations
- How to Take Control & Feel Heard
- How to remember URSTRONG!

Key teachers also provide weekly Friendology lunch clubs for boys and girls.

Our Vision for Friendology at OLC

For our students to develop life-long skills, strategies, language and understandings about friendships and relationships that will enable them to make healthy





Key Learning Outcomes that centre on URSTRONG's Core Principles include:

• What's normal in a friendship (4 Friendship Facts)

- o Children recognize that conflict is normal
- o Children can identify various types of friends and that no two friendships are the same
- o Children recognize that friendships change
- o Children recognize that trust and respect are important in a friendship and can give examples

• Difference between healthy & unhealthy friendships (Friend-o-meter)

- o Children can identify qualities that classify as a healthy friendship
- o Children can identify qualities that classify as an unhealthy friendship
- o Children express that it's important to spend the most time in the healthy zone of the Friend-o-meter
- o Students can draw and describe the Friend-o-meter

• How to put out a Friendship Fire® & what to do when someone is Mean-on-Purpose

- o Children retain and use the language/terms "Friendship Fires" and "Mean-on-Purpose"
 - o Children can categorize conflict and identify 'intent' as the differentiating factor
 - o Children can list and apply the steps for putting out Friendship Fires® (i.e. managing conflict with a friend)
 - o Children can list and apply the steps for reacting to Mean-on-Purpose behaviour
 - o Children can solve problems on their own and feel empowered
 - o Children recognize it's okay to stand up for themselves
 - o Children are less likely to seek help from a teacher or parent in managing social issues
- o Children are less likely to engage in some of the common behaviours (relational aggression, ending the friendship, alliance-building, exclusion, etc.) and are more likely to Talk-it-Out in dealing with conflict with a friend.
- o Children have a greater awareness of their own body language especially when they are managing conflict
- o Children practice kindness and empathy in their friendships





MANY HEARTS, ONE VOICE

