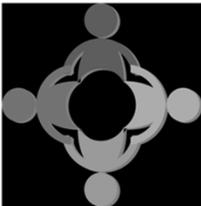


Friendships that Work  
A Positive Friendship  
Curriculum



School    Home    Community

Friendships That Work  
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Friendships that Work  
Program Philosophy

1. Friendship Skills Lead to Success
2. Friendship Skills Learned in Adolescence Are the Basis of Our Adult Relationships
3. Friendship Skills Can Be Taught
4. Friendship Skills Are at the Core of Successful Adult Relationships
5. Friendship Skills Include Everyday Interactions and Conflict Interactions



Friendships that Work  
Program Goals

- Understanding the basic building blocks of close friendships, listening skills and the importance of asking questions.
- Learning how to connect meaningfully with others.
- Learning how to respectfully hear and respond to critical feedback from close friends.
- Learning how to give difficult feedback to close friends in a caring but direct way;
- Learning how to manage difficult emotions in the context of a close friendship.



Friendships that Work  
Advanced Listening

**Remember The #1 Rule: People Crave to be heard!**

1. Acknowledging—letting people know they've been heard!
  - A) Figure out what they are FEELING or THINKING.
  - B) Say that out loud!
    - Be Brief
    - Sum up what they are experiencing.
    - Examples "You sound mad," "I'd be mad," "How fun" or "Wow, that's hard".
  - C) Follow-up with Open-Ended Question.



Friendships that Work  
Advanced Listening

**The Hearing Game!**

1. Someone put lies about me on Facebook and my "so called" friends all liked it! Now everybody thinks its true!
2. People never understand me. Everybody always thinks I am mad even when I am not.
3. I'm totally excited. We had our first basketball game last night, and I felt like it went really well. I made 10 points, including the winning free throw!



Friendships that Work  
Advanced Listening

**Practice: the Master Listener Conversation!!**

- Speaker: "What are you looking forward to this holiday break/summer?" or "What is something cool you did last summer?"
- Listener: Ask at least 3 open-ended question, and make at least 3 statements of acknowledgement. (No advice giving and no taking over the conversation!) 2 minutes!
- ❖ **Major Friendship Hint:** People hate getting advice until they feel heard. So, avoid giving advice until you've asked questions and made acknowledging statements!



## Friendships that Work

### Dealing with Hard Feedback

- Fact 1: Conflict is helpful!
  - Conflict is part of our human nature.
  - If Handled well, it can bring people closer.
- Fact 2: Emotions (even negative ones) are helpful!
  - Emotions give us information about our environment.
  - They let us know if we need to make changes.



## Friendships that Work

### Dealing with Hard Feedback

❖ **What do you do if a close friend is mad at you?**

A) **Listen** to what they have to say.

- Remember that **People Crave to be Heard**—especially when they are hurt!

B) **Repeat** back the main points to make sure you have it right:

- “So you’re saying I talk too much in class?” (but watch your tone!)

C) **Ask Questions:**

- “Can you give me an example?”

• **Major Friendship Hint 1:** *Acknowledging how someone feels doesn’t mean you agree with them, it just means you respect them enough to let them know you heard what they said!*



## Friendships that Work

### Dealing with Hard Feedback

❖ **What do you do if a close friend is mad at you?**

A) **Avoid Knee-Jerk Reactions**

- “I didn’t do that.” (Being Defensive)
- Getting mad at them **for being MAD at you**

B) **Avoid Labels (stick to behaviors)**

- Put downs like “you idiot” or “you’re a trouble-maker”
- Using always or never “you never do your homework”
- People focus on the put-down or the label, and not on the problem.

**Major Friendship Hint 2:** *Sometimes we think good friends can “read each other’s minds”, but that’s not true. Instead, when there is something wrong, a good friend says what it is out loud!*



## Friendships that Work

### Classroom Posters




## Friendships that Work

### Classroom Posters




## Friendships that Work

### Classroom Posters





## Friendships that Work Classroom Posters



**How to show you're listening:**

1. Make eye contact with the person who is talking.
2. Ask questions to show your interest.
3. Face the person.
4. Restate their feelings and experiences.



## Friendships that Work Impact

### What is Good Outcome?

Classroom Climate      NIH Friendship Quality

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Control Group and Experimental Group Comparisons Across Dependent Variables Assessing the Impact of the Friendships That Work Curriculum For a 5<sup>th</sup> Grade Sample.

Scale	N	M	Experimental Group		Control Group		t (df)	p
			SD	N	M	SD		
CCS Time 1	28	48.64	4.52	24	43.71	6.13	3.34(50)	.002
CCS Time 2	30	48.00	5.57	27	44.63	6.37	2.13(55)	.04
Friendship	33	29.12	5.19	28	26.82	5.68	1.65(59)	.10

Note: CCS = Classroom Climate Scale (Vessels, 1998). Friendship = National Institute of Health Toolbox Friendship (Salsman et al., 2013).



## Friendships that Work Lessons Learned

- \*Booster Sessions  
Keeping the Message Strong During the School Year  
Returning to the Training in Subsequent Years
- \*Teacher and Principal Training  
Getting Staff on Board  
Getting Staff to Model Healthy Relationship Skills  
Interventions to Promote Healthy Relationships
- \*Parent Training  
Clips and Discussions Available On-line  
Skits and Trainings Available at School Sporting Events, Concerts, Etc.  
Videos and Information Provided At Parent Teacher Conferences



## Friendships that Work

### Success Story



## Friendships that Work

❖ Questions?



## Friendships that Work

### Contact us

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