

# AIM: STANDING UP FOR YOURSELF

## PART ONE: FRIENDS

**OUR TARGET:** We're trying to help our kids understand the ways a friend should treat them. Let's let our kids know that to be a good friend, sometimes they will have to say "No" to friends to keep from breaking the rules and getting into trouble.



**TEAM UP!** Try these simple tips to help your child want to talk.

**JUST ASK your child:**

- "What do you think being a good friend means?"
- "Do you think that a good friend would ask you to do something that is wrong?"
- "Do you think that doing the right thing is more important than keeping a friend happy?"

Follow the lead of where your child's answers take you and talk about the differences between *good* friends and friends that want to get them in trouble.

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**TALKING TIPS** to help you sit down and start the conversation...

**A GOOD FRIEND:** The good friend is the one that has respect for everyone, including themselves. Standing up for yourself with friends lets them know that they cannot take advantage of you and it can help teach friends what it looks like to respect themselves too. As adults, it is just as important to see this in the people we surround ourselves with as it is for our kids. Our kids learn from the adult relationships we have. Let's teach our kids by example how to respect one's self.

- Sometimes a friend will ask your child to do something that may get them in trouble.
- Tell your child that you know they are smart enough and strong enough to do what is right. When a friend asks your child to do something that is against the rules, your child needs to know that saying "No" to that friend is the right thing to do.
- Encourage your child to have confidence and inner strength and say "No" to people who do not have their best interest and well-being in mind.

- Your child can teach their friends by example when they say "No" to doing the wrong thing.
- If your child loses a friend because your child said "No" and made that friend angry, let your child know that the friend they lost was not being a good friend. Good friends respect their friends and can respect a friend for saying "No" to them.
- Tell your child that friendships go both ways and that your child needs to respect hearing "No" from their friends too.



Arguments are healthy for friendships because they help friends learn how to respectfully disagree and talk to one another.

Ending a friendship is difficult, but sometimes it is the right thing to do when there is no mutual respect.

As people get older they typically replace about half of their friends every seven years.

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### Targeting More Meaningful Parental Involvement

Leaps Correlations:  
How Friends Should Treat You  
& Saying No to a Friend  
For Beginners

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[selforschools.com](http://selforschools.com)

**DECISION TIME:** It's important that you and your child CHOOSE together to respect yourselves and others. If your child thinks that keeping friends is hard, it may be because of the way your child is treating others. Decide to say "No" together to other people who don't treat you well. SHAKE HANDS with your child and promise each other to respect yourselves enough to stand up to friends that want to talk you into making bad decisions.

**GIVE IT A TRY!** A chance to practice the target skills together at home:



## Story Time!

Take a little time to read this story to your child. Sit and talk about how it makes sense when we're talking about standing up to friends and respecting ourselves.

### "The Hound and the Hare"



One day a Hound dog started chasing a Hare. As they both crossed a field, the Hound caught up to the Hare a couple times.

The first time, the Hound acted like he would bite and hurt the Hare. The next time, the Hound rolled around and tumbled with the Hare playfully, like he was playing with another Hound.

The Hare finally said, "I wish you would show yourself in your true colors, Hound! If you are my friend, why would you bite me? If you are my enemy, why would you play with me?"



NOW TALK ABOUT THE FOLLOWING POINTS

WITH YOUR CHILD:

- The Hound was not being a good friend. When he acted like he wanted to hurt the Hare, he made the Hare feel scared and unsafe.
- When the Hound was being playful with the Hare, the Hare could not trust the Hound because of how the Hound had just acted mean.
- The Hare respected himself enough to stand up to the Hound. The Hare let the Hound know that he could not treat the Hare in ways that would make the Hare question their friendship.
- By standing up to the Hound, the Hare gave the Hound his rules and expectations if they were going to be friends at all.
- The Hare was respectful to the Hound when he said "No" to his confusing and unfriendly actions.

## Stay On Target

Tips to help keep  
your child's new  
skills in action at  
home and school.

LET YOUR CHILD KNOW  
THEY CAN ALWAYS  
COME TALK TO YOU  
ABOUT TROUBLE WITH  
FRIENDS OR BULLIES.

- KEEP READING all of the notes that come home from school. See if any problems have to do with pressure coming from other students.
- Pay attention to any change in your child's mood when they come home from school. Talk about how others treat them at school.