Circle Time on Frenemies

* Review the circle guidelines with students….
1. Respect the talking piece. Everyone listens and everyone has a turn so be mindful on the amount of time of your response.
2. Be respectful with our words and actions
3. Have fun but don’t try and be funny, not a time for funny.
4. Keep it 100…..Keep it REAL
5. Honor Confidentiality…What is said in circle stays in circle, but no guarantee
* Have students give you a thumbs up or thumbs down on willingness to participate in group. If thumbs down… which one do you not agree with? How can we make it work for you?
* Redirect students that are not ready to an alternate assignment.
* If you don’t want to share say no thank you and pass the piece to the next person.
* **Thank the students for sitting and participating**. Reason that you have chosen to circle up is so that everyone gets an opportunity to learn more about one another. Explain that it is very important as their counselor/teacher that you build a relationship with each and every one of them to better help and meet their needs. Challenge them to participate in the circle.
* **Review the three ways to actively participate in circle**
1. Be an active listener
2. Raise your hand for a clarifying question, NOT A COMMENT and limit the questions to 3
3. Thumbs up and Thumbs down
* **Introduce the talking piece. Relationships with friends can be complicated. Sometimes we agree with our friends and other times we don’t. How we respond to disagreements with them builds or destroys our character.**

Explain why you chose it? Ear…it is important that we listen and observe what people are saying to and about us.

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* Circle Open:

 Fake friends are like shadows. They follow you in the sun but leave you in the dark. –Unknown **What does that quote mean to you?**

* Thumbs up Thumbs down…..how many of you have heard of a fr-enemy?

When “friends” say supportive things and pretend to be there for you, but also throw negative energy and hurtful remarks into the mix.

It's difficult to tell when your friend really isn't on your side.

You might spend a day with a “friend” laughing for the most part, but then stopping a time or two to understand why they said a few things that were so hurtful and rude.

* **We are going to be talking about Fr-enemies. We will not be sharing specific stories about drama between you and others. We will not drag other’s private stories into circle today.**
* Discussion Round

1. An honest enemy is always better than a friend who lies. Thumbs up/down

2.How would you Spot a Frenemy?

* [Gossiping](http://friendship.about.com/od/Keeping-Friendships-Strong/a/How-Gossip-Hurts-A-Friendship.htm) about you behind your back.
* [Inability to be totally happy for you](http://friendship.about.com/od/Conflicts_With_Friends/tp/When-Your-Friend-Is-Not-Happy-For-You.htm).
* Constantly [comparing her life](http://friendship.about.com/od/Improve_Your_Behavior/fl/Stop-Comparing-Yourself-to-Other-Friends.htm) with yours or competing with you.
* Compliments mixed in with criticism.
* Hurtful words followed by a hug or big smile.

3. What do you think is destroyed by these “frenemy” behaviors?

4. What would you do if you found out you had a Frenemy?

* Closing:
* Remember when we talked about values? How you are when no one is watching…..

Some people will pretend to care just so they can get a better seat to watch your struggle. Pay less attention to what people say, and more attention to what they do. Their actions will show you the truth.