**Six Secrets of Friendships/Review of WHO rules**

Adapted from a lesson in Teach Tolerance

**Purpose:** To educate students about building healthy relationships and how powerful words can affect others.

**Materials:**

For every student: sandwich baggy, Popsicle stick, mailing label, cotton ball, quote (cut apart so each student receives one), and candy

**Time:**

Approximately 30 minutes

**Focus:**

Review WHO rules. Know the rules; know who to tell; and be ready to act. What do students do in a hurting, dangerous, or uncomfortable situation?

1. Say Stop!
2. Get away!
3. Tell an adult you trust.

**Lesson:**

Tell students that not only do they have the power to help stop bad situations, but they also have the power to make friends. “Your words and actions affect other people. The words and actions you choose can help you make and keep friends.”

“I am going to let you in on the 6 secrets of friendship. You’re each going to get something that represents each of the 6 secrets.

Hold up each item one by one and ask students what they think it has to do with friendship? Share with them the meaning as each item is passed out. At the end of the lesson they have a baggy of items to keep and remind them of the 6 secrets for friendship.

1. **Popsicle stick-** Represents “Sticks and stones may break my bones, but words will never hurt me.” Have they heard this before? It’s not really true; words hurt. They are “invisible weapons”. You choose your words, but you also choose how you respond to words and actions.
2. **Blank mailing label-** Represents reputations and how people can be “labeled”. Labels don’t define who you are. Have students put their name on the label to show that they decide who they are, not others.
3. **Cotton ball-** represents softening words to avoid hurting someone else. It’s also the how you say it (tone). Can share examples.
4. **Inspirational quote-** represents positivity and inspiring you to feel good about yourself and to take responsibility. “Say what you mean, mean what you say, but don’t say it mean.”
5. **Candy-** represents how sharing shows friendship and respect and is an act of kindness. Discuss the impact on friendship if someone shares a treat with you.
6. **Baggy-** represents the choice of “zipping your lips”, choosing not to say something, especially when you don’t have anything nice to say.

**Closure:**

Have students combine all their items in their baggy, putting the mailing label on the outside with their name on it. Encourage students to keep their Six Secrets of Friendship Bag at school as a visual reminder to use kind words and actions with others. Have students turn and tell a partner how to be a good friend.

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