

LEMONADE: FAMILY, FRIENDS & ROLE MODELS



10

TO KNOW HOW TO RECOGNISE POSITIVE RELATIONSHIPS AND HOW TO MAINTAIN THEM.
TO KNOW HOW TO REDUCE THE NEGATIVE IMPACT OF TOXIC RELATIONSHIPS ON THEIR LIVES
TO KNOW JESUS IS YOUR FRIEND



HANG OUT WITH SOMEONE POSITIVE THIS WEEK. SAY SORRY TO SOMEONE THIS WEEK.

Intro



- Welcome everyone. (Make sure everyone knows each other, register etc.)
- Explain what happens at youth, and what today is about: Coping and strategies to deal with life when it gets hard.
- Play Design a Friend - Consequences with Drawing - Draw the head, fold it over, draw the arms and shoulders, draw the trunk, draw the legs, draw the feet. Keep folding it over so you can't see, and then do a big reveal at the end.

Discussion



- What makes a good friend?
- How do you keep being good friends, even if they hurt you or annoy you?
- Are there situations when friends are no longer helpful for you to hang around? How do you know when it is right to stop being friends with someone? How do you do that?
- Are there some behaviours you won't tolerate in a relationship? What would break a friendship for you?
- How do you mend a broken relationship?
- How do you know when it is right to keep forgiving a person and keep being friends, and when to forgive them and move on?

Activity



You will need:

8 plastic cups // ping-pong ball // sticky labels // peer pong scenario cards

- How to play:
1. Label each of your plastic cups with a number between 1 and 8
 2. Each young person will come up one by one to try to throw the ping-pong ball into one of the cups
 3. When a young person gets a ball in a cup, they must pick a scenario card with the corresponding number and read it out to the group
 4. The scenario will contain a challenging situation that you might find yourself in relating to friendship or relationship boundaries - the idea is that the young people explain what they would do in that situation
 5. Repeat until all the cards have been read out and discussed.

Bible Bit...



Read John 15:12-15

- What does Jesus say a good friend is?
- What does it mean that He is our friend?
- How do you know you are Jesus' friend?

Read Proverbs.... 22:24-25 / 13:20 / 18:4

- How can we make sure we have good friends and good people around us?
- What difference does it make to have good people around you?

Prayer



Pray about any relationships that are struggling and pray for wisdom to know how to choose good friends.



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on Instagram representing what you've done today?



Can you post anything on Snapchat about what you've learnt today?

SESSION INFO FOR LEADERS:

It's pretty common for people to have fall-outs with friends now and again, but how do you know when it might not be in your best interests to keep a friendship going? It's all too easy to let a person who isn't treating you the right way walk all over you. On the other hand you might find yourself cutting someone out of your life that has a lot to offer you. How can you know the difference between a true friend and a toxic friend?

In this discussion, you will be looking at friendship and relationship boundaries; how to set them and keep to them and how to manage when people break your boundaries. Ask your group to think about their bottom line when it comes to friendship - what behaviours will they allow or tolerate and what will break a friendship?

Everyone has different boundaries, so there is no right or wrong answer. But it's important to have a set of principles that you stick by as a person so that you can be confident what to do next when a friendship goes wrong.

When something goes wrong in a friendship or relationship, what questions should you ask yourself?

- Has this happened before?
- Is this common?
- Are you feeling emotionally distressed by the situation?
- Have you talked calmly to the person about how you feel?
- How have they responded?
- If you were not friends with this person, what difference would it make to your life?

Activity: Peer Pong

An interactive game which will get your group thinking about friendship and relationship

Alternative: No ping pong ball? Screw up some paper and use that instead.

PEER PONG GAME CARDS

Name: Kit

Age: 15

Scenario:

I have moved area and I have had to start a new school. I am really finding it hard to talk to people and make friends. I feel really lonely and I am scared that no one will like me.

What should I do?

Name: Sarah

Age: 13

Scenario:

I have a friend that I really like but she keeps giving me mixed messages. Sometimes she seems to like me but other times she is quite nasty to me for no reason. I don't know what I have done wrong.

What do I do?

Name: George

Age: 16

Scenario:

My mates love watching horror movies when we have sleep overs, and hang out, but I'm not sure if I should watch them. I think they are pretty fun, but have heard I shouldn't but I don't want to annoy my friends.

What do I do?

Name: Fran

Age: 13

Scenario:

*My friend keeps really annoying me, she keeps doing stupid things in class, and then is nasty to me at lunch, but thinks its jokes. My other friend keeps calling her a B*tch and I should sack her off.*

What do I do?

PEER PONG GAME CARDS

Name:

Age:

Scenario:

Name:

Age:

Scenario:

Name:

Age:

Scenario:

Name:

Age:

Scenario: