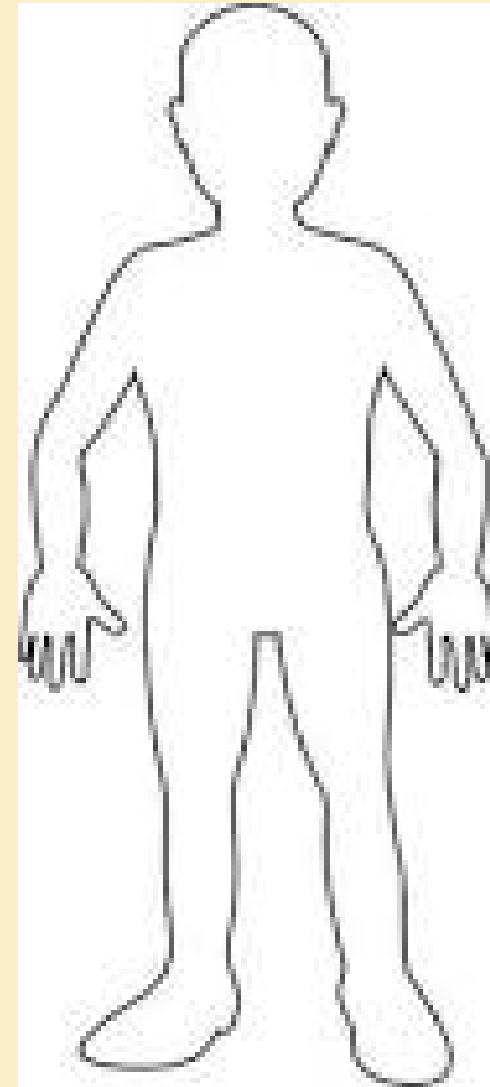




NAVIGATING THE
SOCIAL SCENE IN
MIDDLE SCHOOL AND
HIGH SCHOOL

Staying calm



Deep breathing



What is a good friend?



How do you make a friend?

- Where are places you can make a friend?
- How do you start a friendship?
- How do you keep in touch with people?

Mirror activity

- Body language
- Facial expressions



Joining a Group

- Introductions
 - Smile
 - Eye contact
 - Speak clearly
 - Say your name
 - Say something nice/ask a question



Let's practice!

- Choose a game
- Ask to join/Ask someone to join you



Bullies 101

Bully:

Someone who is cruel, insulting, or threatening to others who are in some way vulnerable

Why do people bully :

To build themselves up, they feel jealous, they copy others, they don't realize it, they have a hard time controlling themselves.

Who gets bullied?

Among adult Canadians, 38% of males and 30% of females reported having experienced occasional or frequent bullying during their school years

40% of Canadian workers experience bullying on a weekly basis

What to do

- Stay calm
- Walk away
- Ask for help



- Talk to someone about how you are feeling
- Do an activity that makes you feel better

Standing Up for Yourself

- Using “I” statements
- Say “no”
- Broken record
- Script (rehearse what you want to say)
- Describe how someone’s *behavior* makes you feel
- Body language



*Practice often in easier situations to increase skill.

Helping each other out

- Help a friend
- Include someone who is left out
- Use kind words
- Consent is key



Game time!

