



The Social Learning Studio

www.sociallearningstudio.com

The Friendship Saver

Parent Information Seminar



Research at a Glance

Three decades of empirical research have consistently demonstrated links between a child's social competencies and mental health (Domitrovich & Greenberg, 2000)

Research indicates that improved peer relations promote general wellbeing, social engagement, self-confidence and can improve academic outcomes.



Program Fundamentals

The Friendship Saver Program is an evidence based program designed to enhance students' friendship and reduce conflict amongst peers.

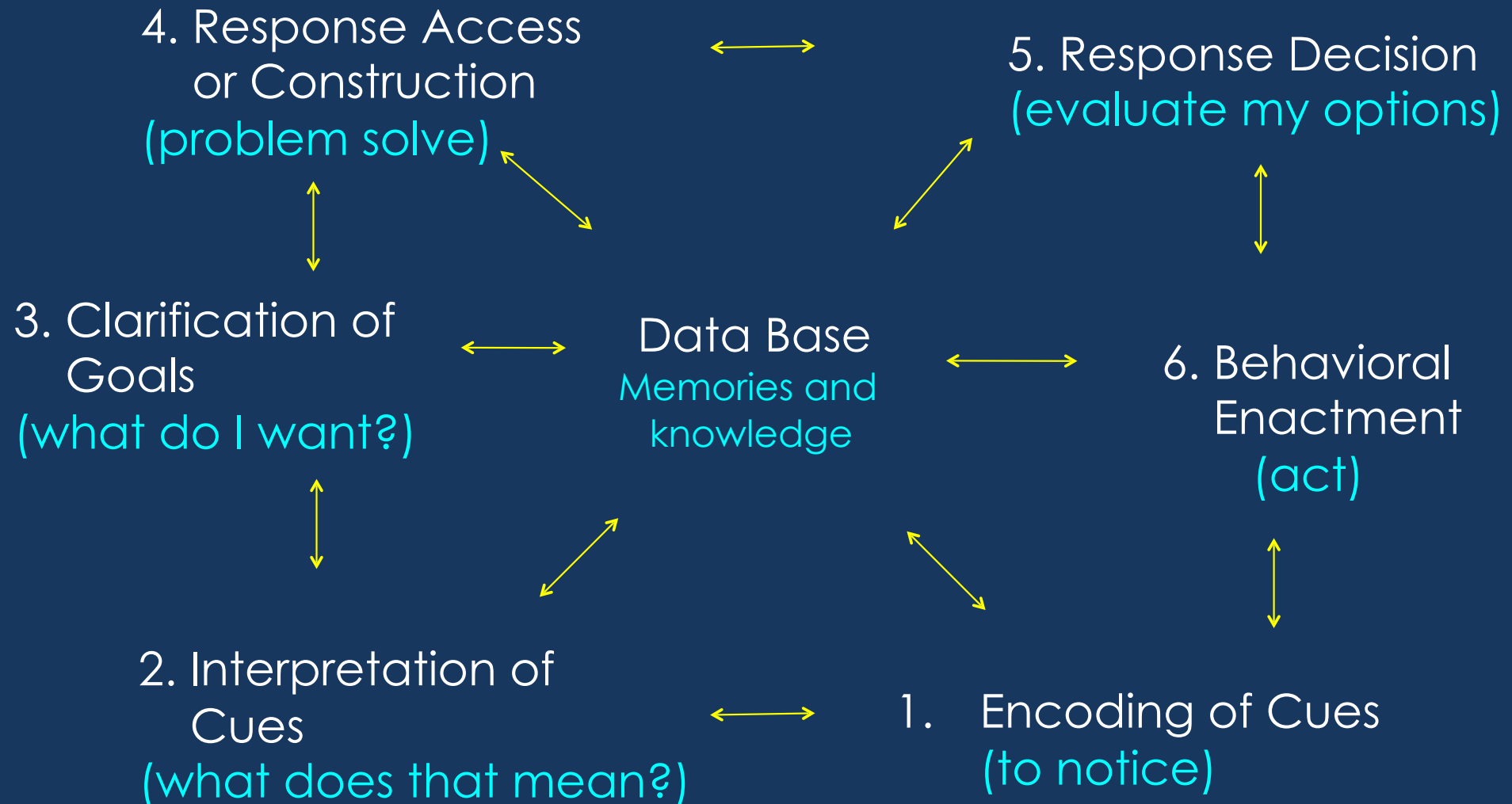
The program teaches essential social skills and independent conflict resolution skills.



The Theory

The Social Information-Processing Model (Crick and Dodge, 1994)

The Social Information Processing Model





Program Overview

- Listening skills
- Emotional intelligence
- Working in groups
- Learning about different friendship styles
- Self-reflection and self-development (Stinky sock vs true friend qualities)
- Understand why conflict happens (The Drama Triangle)
- Conflict resolution skills (The Strength Triangle)
- Developing confidence and resilience



Parent Seminar

(A quick tour of our core strategies)

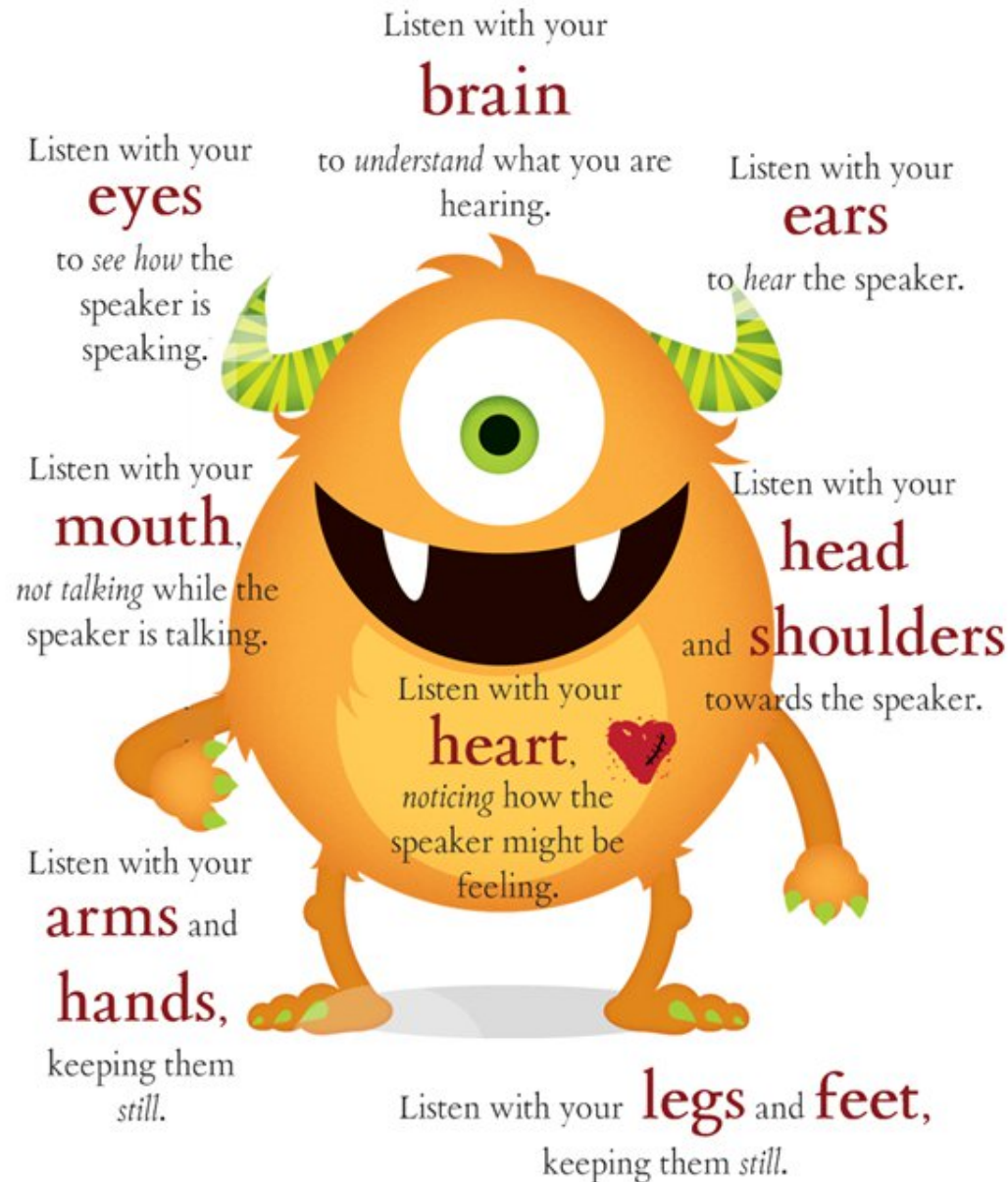
1. Whole Body Listening
2. Understanding Emotions
3. The Science of Anger
4. Friendships and The Onion of Friendship
5. The Drama Triangle/The Strength Triangle



Parent Training

1. **Whole Body Listening**
2. Understanding Emotions
3. The Science of Anger
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Whole Body Listening





Parent Training

1. Whole Body Listening
- 2. Understanding Emotions**
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Emotional Intelligence

Research continues to demonstrate that;

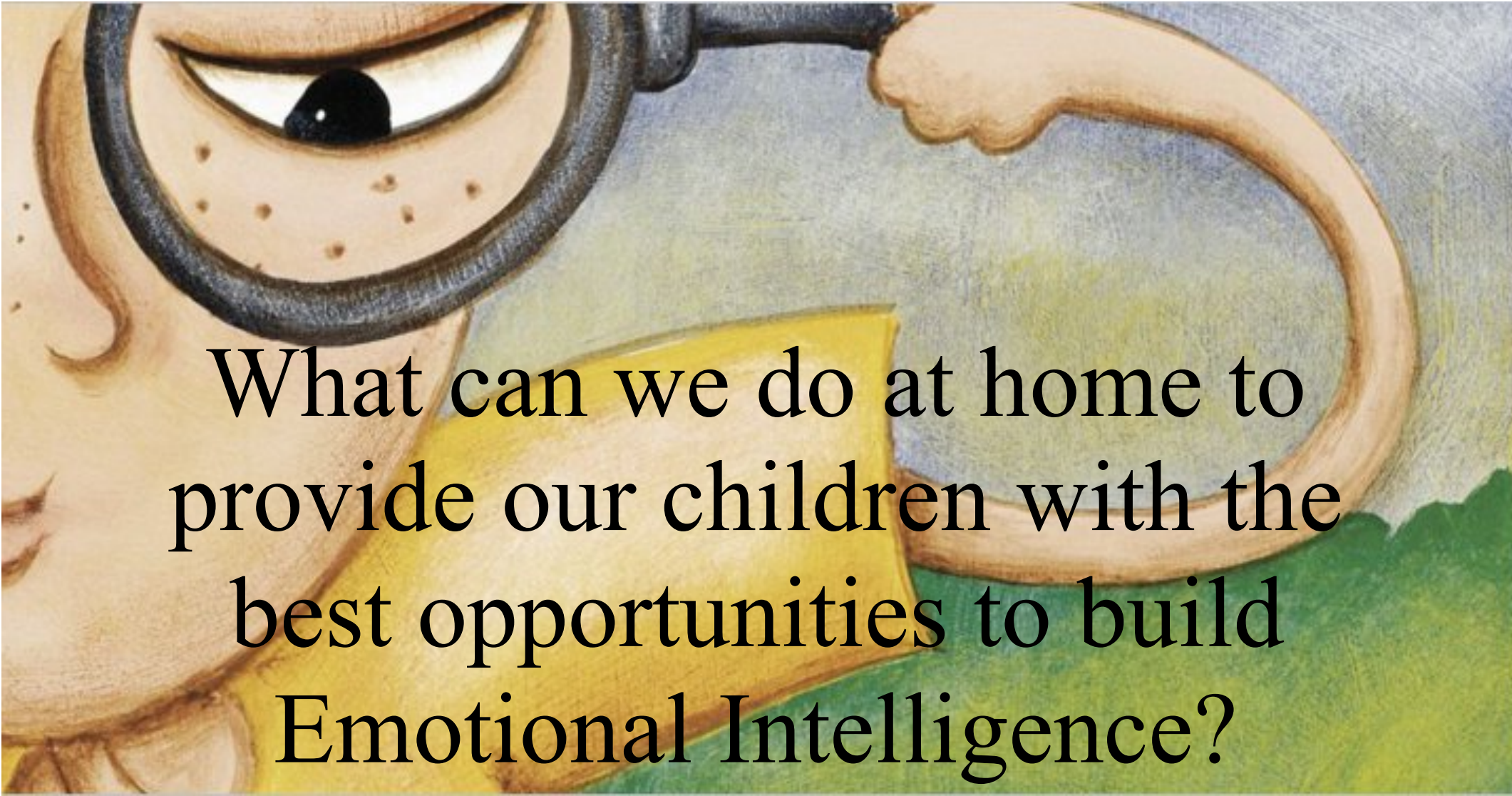
Children that *can* recognise, understand and manage their own emotions, and recognise, understand and influence the emotions of other, are **resilient** in the face of life's ups and downs.



Why all the fuss about Emotional Intelligence?



Children that can recognise, understand and manage their own emotions become adults that can recognise understand and manage their own emotions too.



What can we do at home to
provide our children with the
best opportunities to build
Emotional Intelligence?



Notice emotion in yourself, in your child and
in others.

Then give it a name.

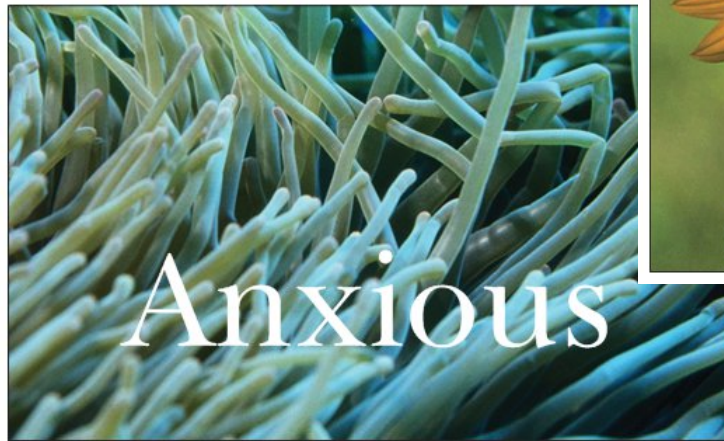
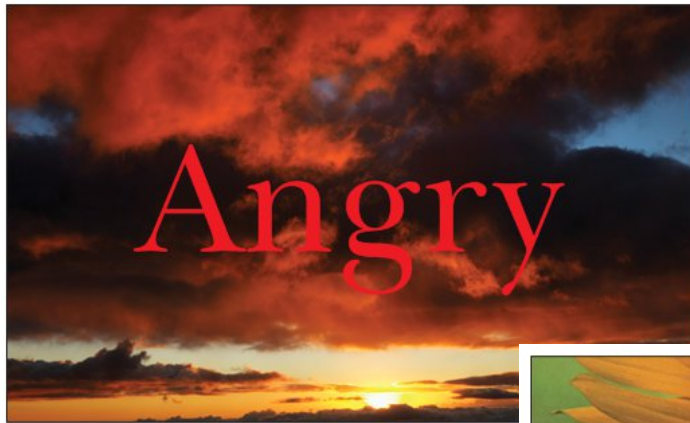


Notice it

Name it



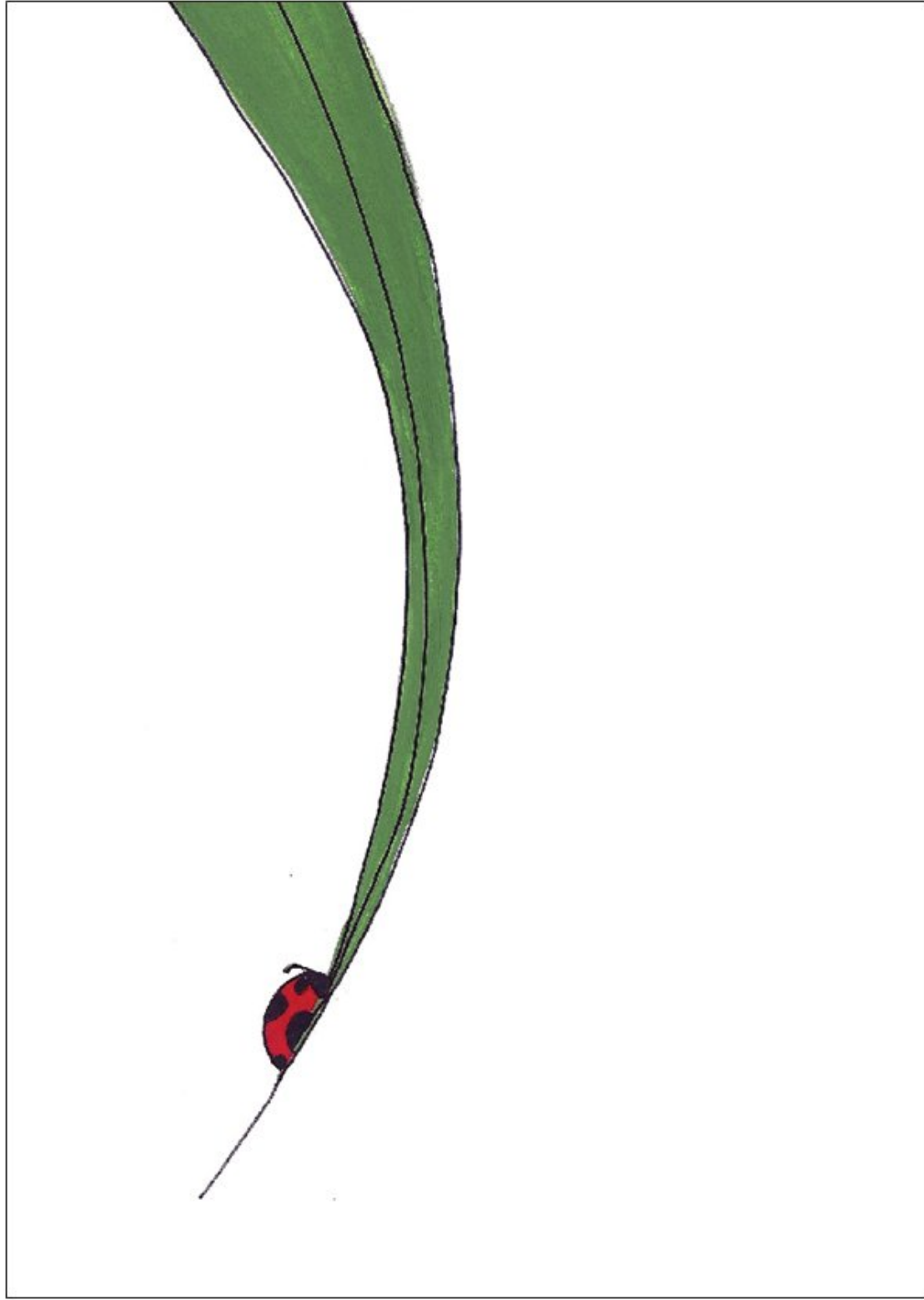
Use a diverse range of emotion words when you notice emotions





How did we learn about emotions?

- Crazy Nose Game
- Emotion Building
- Mr Lady-beetle Adventures





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The Science of Angry

WHAT HAVE WE LEARNT?

1. Anger is a normal emotion
2. Angry emotions release adrenalin into our bodies
3. Adrenalin makes us feel energized and this can lead to unhelpful, harmful actions
4. We can release adrenalin from our body in three ways



Get Air

Get water

Get moving



1. Whole Body Listening
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How did we learn about friendships?

- Friendship Styles



Bouncy Ball



Two Peas in a Pod



Tribal Style





How did we learn about friendships?

True Friend Qualities / Stinky Sock Habits and Behaviours

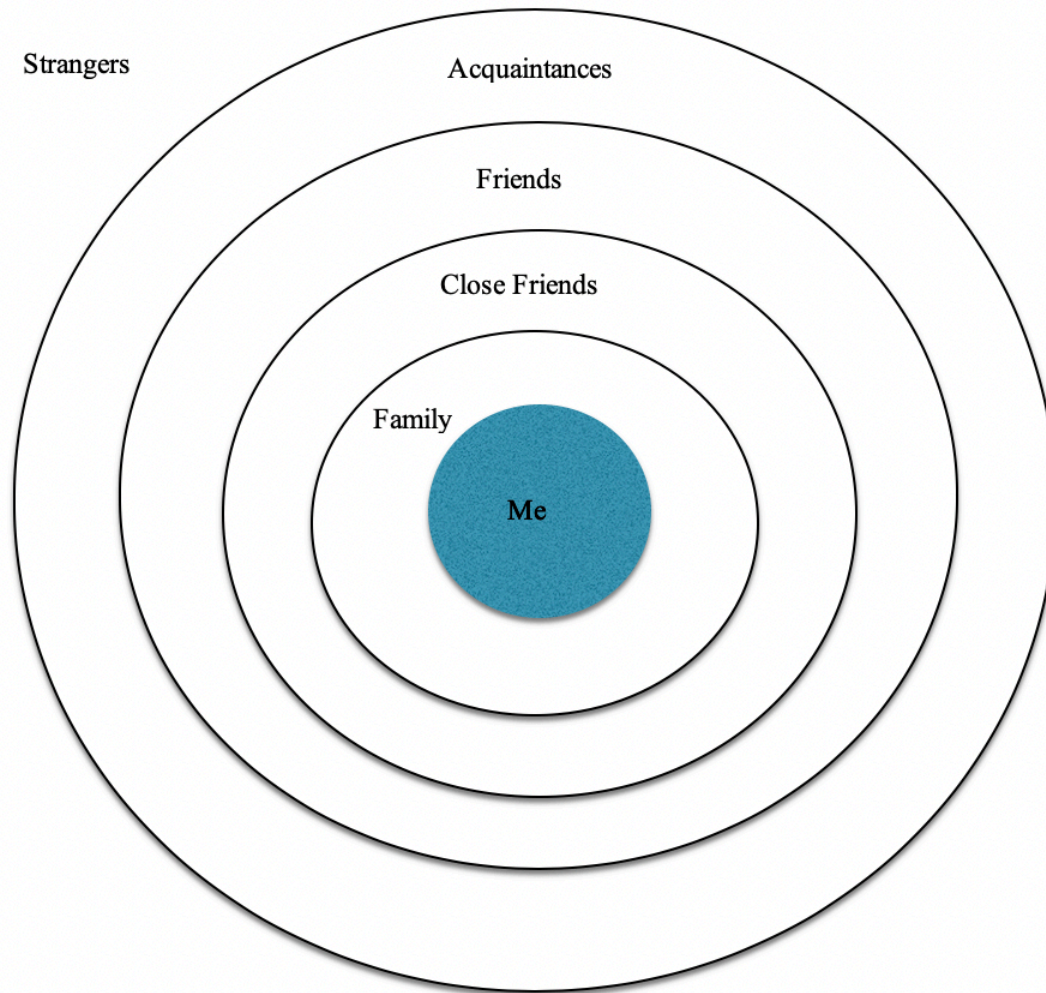
Fame Fear or Fortune - Friendship Flop

Beware of a Stinky Sock in Disguise

The Onion of Friendship



Friendship Styles





Friendship Styles

Strangers

Acquaintances

If good friends grow apart, it can be useful to encourage friends to consider becoming acquaintances, rather than severing ties, and becoming enemies. Maintaining enemies is stressful and hard work.

How would you treat someone if you wanted them to be a respectful acquaintance?



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Why does conflict happen?

The Drama Triangle

The Lion



The Magpie



The Mouse

Animal adaptation with permission from Stephen Karpman M.D.

The Strength Triangle

I Notice my Feelings



I am Assertive I am Caring

I Notice My Feelings

If you notice that you don't feel good about something, its' time to problem solve.

1. Describe the problem.
2. Think about your goal
3. Brainstorm options (there are always options)
4. Think of the possible consequences
5. Choose what's right for you

(and if it doesn't work out, problem solve some more, or ask for help)

Because no matter what happens, there are always options



The Friendship Saver Program © 2018

Aggression

Others get hurt
problem gets bigger



Be your coach

Helpful realistic self-talk



Give in give up

Others might not know that you're hurt



Talk it through

Talk and listen face to face to find a solution together



Avoid

Others are confused or hurt
Problem doesn't go away



Ask for help

To learn a new way



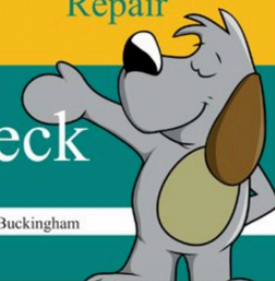
X Strategies that might **Damage**

★ Strategies that might **Repair**

Strategies Check



The Friendship Saver © 2019 By Connie Buckingham



I Am Assertive

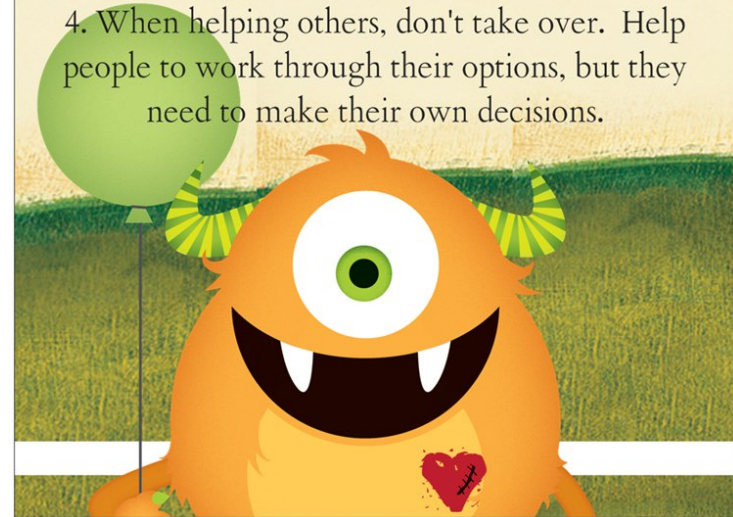
1. Stand up for what's right
2. Communicate face to face, calmly and clearly
3. Forgive
4. Transform different ideas and opinions into compromise and cooperation, not arguments.
5. Respect others. That means, do not insult or put others down, especially when hurt or angry.



The Friendship Saver Program © 2016

I Am Caring

1. Try to understand what other people experience and feel.
2. Be a good listener (whole body listening helps with that).
3. Only help people with their problems if they ask for help, and if you feel comfortable helping.
4. When helping others, don't take over. Help people to work through their options, but they need to make their own decisions.



Our strategies work together to help us work through challenges

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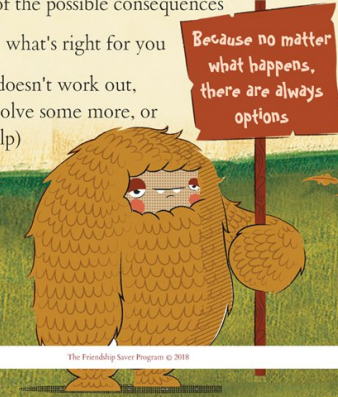


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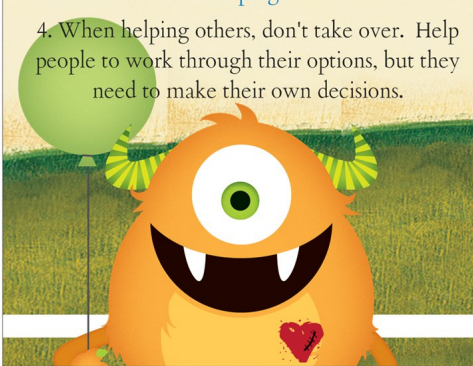
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<h3>Aggression</h3> <p>Others get hurt problem gets bigger</p> 	<h3>Be your coach</h3>  <p>Helpful realistic self-talk</p>
<h3>Give in give up</h3> <p>Others might not know that you're hurt</p> 	<h3>Talk it through</h3>  <p>Talk and listen face to face to find a solution together</p>
<h3>Avoid</h3> <p>Others are confused or hurt Problem doesn't go away</p> 	<h3>Ask for help</h3>  <p>To learn a new way</p>
<div>  Strategies that might Damage </div> <div>  Strategies that might Repair </div>	
<h2>Strategies Check</h2> <p>The Friendship Saver © 2019 By Connie Buckingham</p> 	



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A stylized, painterly illustration of a person's face, focusing on the eyes and nose. The person is wearing large, round, dark-rimmed glasses. The face is a warm, light brown color with small, dark freckles. A large, yellow, rectangular object, possibly a book or a piece of paper, is positioned in front of the face, partially obscuring the lower part of the nose and mouth. The background is a mix of light blue and green, suggesting an outdoor setting. The overall style is soft and artistic, with visible brushstrokes.

Questions?

Go to www.friendshipsaverprogram.com to
learn more about the FSP, its research and outcomes