



# Choosing Friends Lesson Plan 1

## Training Objectives

- The student will learn the characteristics of a good friend.
- The student will learn how to choose friends based on behaviors he observes.

**Note Regarding This Chapter:** As much as possible, try to model appropriate behavior. It is advisable to keep examples of inappropriate behavior to a minimum so as to not encourage modeling of those behaviors. You may wish to modify the lesson plans for this chapter as needed based on the particular student.

## Materials

Model Me Confidence and Bullying Prevention DVD  
Model Me Confidence and Bullying Prevention CD-Rom  
Home Instructions (Send to Parents)  
Model Me Confidence and Bullying Prevention Student Workbook

## Introduction

Print for each student and go over the Choosing Friends storyboard photos which may be found on the photo CD-Rom accompanying the video. These will be referred to as the Model Me Rules.

### Model Me Rules for Choosing Friends

- Choose Nice Friends
- Friends Include Me
- Friends Treat Others Well

## Transition

We are going to learn about how to identify who is a good friend.

## Social Skills Activities

**Watch:** Watch the Model Me Confidence & Bullying Prevention video chapter Choosing Friends (with narration).

**Review:** Base a discussion of the video chapter on the questions below to ensure comprehension. You may need to pause and replay scenes when understanding is not complete.

Q: What does Rebecca ask her friends to do?  
A: To hang out.

Q: Do the girls want to include Tara?  
A: Yes.

