



The objective of this exercise is to help girls name and prioritize their values in healthy relationships. For additional resources, workshops for families, and professional development for educators and program staff, visit girlsleadership.org

Level: Developing

Domain: Community + Relationship Skills

Focus: Friendship values

Objective: Participants will name and prioritize their values in healthy relationships.

Time Required: 25-30 mins

Materials: Ability to see each other or use chat function.

Frame (Ignite) - 5 mins

Ask: *If you were running a job interview for the position of your best friend, what questions would you ask?*

Have students popcorn responses while you scribe on the board or write them down individually and pair share.

Instruction (Chunk) - 2 mins

Say: *We all have different values when it comes to what we think makes a great friendship. We're going to do a spectrum activity to see how these beliefs and values show up, and how having different values can mean needing more communication in friendships and relationships.*

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Agree/Disagree Spectrum Activity (Chew) - 15 mins

Indicate that one side of the room is “Strongly agree” and the other side is “Strongly disagree.” Have students move in the room along the spectrum to indicate their level of agreement with each prompt. Take a moment to pause and hear from students who answered differently after each statement. You can also have students turn and talk to those near them on the spectrum after each prompt.

Ask: *Can you explain why you (agree/disagree) with this statement?*

Choose ~5-7 prompts from the following:

- I believe you can only have one real best friend.
- I believe that true friends are people you can joke with but also trust with real stuff.
- I believe that opposites attract.
- I believe that true friends will call you out and be honest with you, even if it hurts to hear.
- I believe that true friends would drop anything to support you when you need them, no excuses.
- I believe that you have to work through conflicts with your friends to make your friendships stronger.
- I believe friends should always come first before romantic relationships.
- I believe you can stay friends with someone you used to date.
- I believe real friendships can form online.
- I believe that friends are the family you choose.

Debrief/Closure (Review) - 3 mins

Ask: Did anything surprise you that you heard from others about their friendship values?

Facilitator Notes

- You can also share these prompts with students and have them rate each prompt and explain their rating, then have them join groups to discuss. Debrief together whole-group.
- Debrief can be a journal entry!