

FRIENDZY™

FRIENDZY.CO

UNIT ONE >>> BETTER TOGETHER

FRIENDZY OVERVIEW /// We live in a climate and culture where students are more technologically connected, but more socially disconnected than ever before. This is contributing to higher levels of anxiety, depression, and relational challenges.

This year we are continuing to proactively equip students with skills to build strong relationships with a biblically based curriculum called Friendzy. Each week your student will learn God's design for healthy relationships, and be introduced to core competencies and skills that develop self-awareness, self-management, responsible decision making, social awareness, and relationship tools. Stronger relationships lead to stronger communities .

Research has shown that by combining these skills with academic development it improves academic performance, attitudes, relationships with peers, and reduces behavior challenges, depression, anxiety, and social isolation. This type of learning will continue to improve our campus culture, benefit your students and our communities for a lifetime.

You will have the opportunity to engage with your student on Friendzy topics through monthly Friendzy email updates, parent discussion in the Friendzy student workbooks, and fun conversation cards that will be sent home (similar to table topics).

STARTING STRONG /// We kick off our first Friendzy Unit. For a whole month we will be discussing the idea that we are **Better Together**. As a class (and as families) we can accomplish more together than any of us could alone. God designed and hardwired us to function better together, instead of alone. This month's Catchphrase and Key Verses are listed below.

Catchphrase (Main point for students to catch on to):
"Better Together"

Key Verses (Biblical anchor points):

Ecclesiastes 4:9a

"Two are better than one, because they have a good return for their labor."

Proverbs 27:17

"As iron sharpens iron, so a friend sharpens a friend."

Continue the Friendly Conversation

1. **“We” vs “Me” mindset.** God has designed us to be an interdependent team. We can accomplish more together than any of us can on our own. Remember, we were created for interdependent relationships with God and others. Adopt a “we” vs “me” mindset!
2. **We are not meant to be alone.** Friendships can be challenging. At times you might be tempted to believe that life is easier to figure out on your own. But that is not the truth- we are better together! You need other people and other people need you.
3. **Our classroom is a team.** Proverbs 27:17 (NLT) tells us “As iron sharpens iron, so a friend sharpens a friend.” We need each other. With all of our differences we help sharpen each other to be the best version of who God designed us to be. As a class we are better together.

HELP YOUR STUDENT DO THIS /// Over the next few weeks, the goal is for every student to begin using the unit’s Catchphrase: **“Better Together”** in their everyday life. You can help them by beginning to use this in your conversations at home. This is the main point that students will catch onto and remember and use over and over.

THANK YOU /// Thank you for partnering in the Friendly with us! It is a joy for us to teach students the skills to have healthy friendships. Please let us know if you have any questions or celebrations to report as we move through the Friendly program.

When kids learn friendship, they learn it for life!

Blessings,

Derlyn Cayanan, LPC
School Counselor