

Mi Generation

In pursuit of potential, purpose and passion

TABLE OF CONTENTS

SESSION 1

Introduction

SESSION 2

Mind

SESSION 3

Mouth

SESSION 4

Move

SESSION 5

Mates

SESSION 6

Meaning

SESSION 7

Morals

SESSION 8

Manners

Mates

ACTIVITY SHEET



Good friendships are essential for mental and emotional health. Just as healthy friends can encourage, comfort, champion and inspire you, toxic friends can tear you down, increase your insecurities and pull you away from your values. If it really is true that you become like those you hang out with, you need to be sure and choose your friends wisely.



PROGRAM DESIGN AND OBJECTIVES SUMMARY

This session is designed to help you:

- (a)** know the signs of a healthy friendship
- (b)** recognise the warning signs of a toxic friendship
- (c)** know how to effectively respond to and disarm bullies

Friendship Menu

The kinds of friends you hang out with may not only influence the choices you make in life, but may also ultimately help influence the kind of person you become... So, when choosing friends, ask the question; “what kind of qualities best represent the kind of person I long to be?”... and then choose wisely!



If you were to order a tailor-made friend, what qualities would you want in that person? Place a ✓ next to the 10 friendship characteristics (values that are important to you). Feel free to list any other friendship qualities you think might also be significant.

Kindness	<input type="checkbox"/>	Empathy	<input type="checkbox"/>	Honest	<input type="checkbox"/>
Compassion	<input type="checkbox"/>	Humour	<input type="checkbox"/>	Encouraging	<input type="checkbox"/>
Trustworthy	<input type="checkbox"/>	Calm	<input type="checkbox"/>	Supportive	<input type="checkbox"/>
Popular	<input type="checkbox"/>	Loyal	<input type="checkbox"/>	Others	<input type="checkbox"/>
Fun	<input type="checkbox"/>	Motivating	<input type="checkbox"/>		<input type="checkbox"/>
Fair	<input type="checkbox"/>	Shared interests	<input type="checkbox"/>		<input type="checkbox"/>
Good listener	<input type="checkbox"/>	Caring	<input type="checkbox"/>		<input type="checkbox"/>



Do you have any current friends who reflect these important qualities?

Name:				
Quality:				

The Secret

Everyone wants authentic friends to celebrate with in good times and commiserate with in challenging times. However, for some, the idea of forming drama-free, healthy, long-lasting friendships can seem like a fairy-tale. If you've grown up in unpleasant places or hostile spaces with unfriendly faces, you might be weary of trusting others and feel vulnerable in social settings. The good news is there are skills and strategies you can develop that will not only help you develop flourishing relationships but also protect you from toxic ones.

The secret to having great friendships, is not just finding the right person, but becoming the right person. Now that you've identified your top 10 friendship values, ask yourself how well you meet your own criteria for friendship!



From the friendship values that you have selected as being significant, identify the 5 most important values to you (and write them in the adjacent column). Next to each value, give yourself a rating from 1 (extremely low) to 10 (extremely high) in regard to how well you're currently demonstrating that value to your own friends.

Value	Rating
1.	
2.	
3.	
4.	
5.	

Q: For any value you rated yourself as being less than 5, what could you practically do to embrace and cultivate this value more in your friendships with others?

Example: Listen to my friends without interrupting and show genuine interest in what they say.

“Become wise by walking with the wise;
Hang out with fools and watch your life fall to pieces.”
Proverbs 13:20 (MSG)

Who's In Your Circle?

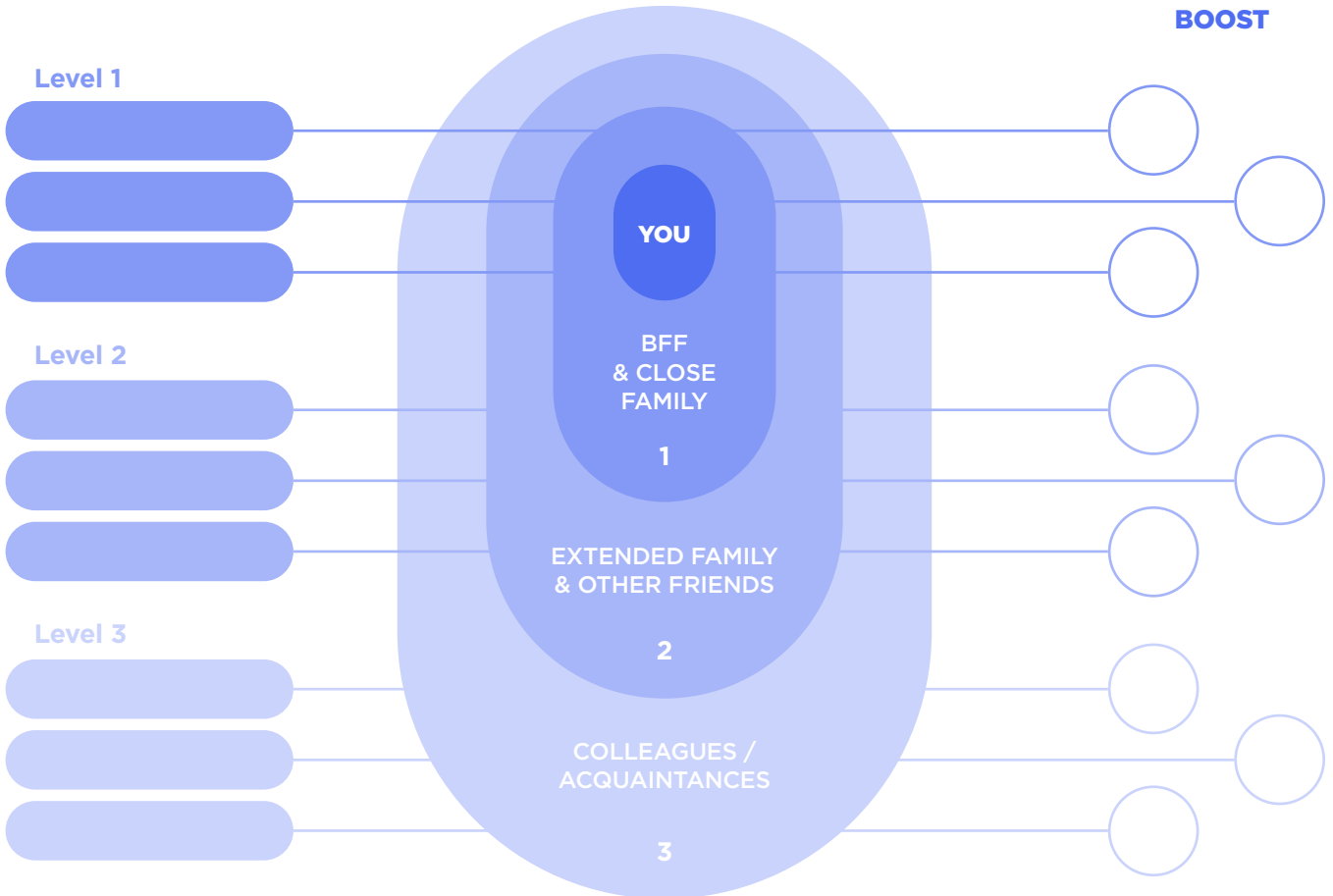
As a part of setting healthy friendship expectations, it is important to realise there are different levels of friendship. Not everyone is going to be in your inner circle and that's okay. In fact, some friends may move in and out of different circles from time to time.



For each level of relationship, identify 3 current people:



BOOST



RELATIONSHIP BOOST

There are 5 simple ways to give your relationships a healthy **BOOST**. For each person you've identified in Levels 1 and 2, select one **BOOST** you can do this week to improve the quality of your relationship.

- BOOST 1:** _____ → Take an interest in what they're doing (ask questions)
- BOOST 2:** _____ → Show respect and dignity (be extra polite and courteous)
- BOOST 3:** _____ → Respect privacy and personal boundaries (bestow honour)
- BOOST 4:** _____ → Offer support and encouragement (point out what's good)
- BOOST 5:** _____ → Share an interest and have fun (laugh, joke and play)

Friendship Review

You'll likely go through seasons where you feel really connected with friends, and at other times, disconnected. Some days, it might seem like people are really friendly, and other days, really nasty. Not everyone will like hanging out with you, any more than you will like hanging out with everyone. This is only normal. But here's the real important thing to understand:

How people treat you speaks more about them than it does about you. In the same way, how you treat people is a reflection of who you are.

Just because someone may not be nice or friendly towards you, doesn't mean you can't be loving or accepting towards them. Don't honour people because they are honourable, honour them because YOU ARE HONOURABLE!



In the following scenarios, identify whether the reaction is honourable or dishonourable?

✓ Dishonourable ←————→ Honourable ✓

	Abdul is invited to a party, but his friend accidently gives him the wrong address. Sadly, he missed out. In response, Abdul refused to speak to his friend for the next three weeks, and vows not to invite him to his own party.	
	Lulu's friends are making fun of the awkward looking new girl who's sitting on her own. Even though the new girl can't hear what's being said, Lulu is disgusted. She tells her friends to cut it out and goes to talk with the new girl.	
	Thomas notices someone accidently drop their phone. Embarrassed by their clumsiness, as they bend down to pick it up, they say to Thomas in an angry voice "what are you're looking at? Thomas replies, "your shoes are lit!"	
	Lyan was in the library with a group of friends when the Library attendant scolded them for being too loud. Lyan didn't think they were being all that loud, but instead of arguing, politely promised to be quiet.	
	Rae asked her mum if she could go visit a friend, but her mum reminded her that her least favourite aunty was coming to visit. Because she wasn't allowed to go, she went into her room, slammed the door and refused to come out.	
	Quan was waiting to be selected by the team captain to come and play. However, the captains prioritised other players. Instead of being upset, when he was finally chosen, he played to the best of his ability to help his team win.	



**To build
quality
friendships
for tomorrow,
you have to
be intentional
about who
you invest
in today.**

When Friends Turn Toxic

No doubt, you will classify some people in your social network as friends, and others as adversaries. On occasion, some people can be both. People who are hot and cold towards you are often referred to as 'frenemies'. People who are intentionally mean to you; who, from time to time, might exclude you, reject you or even bully you, these are not real friends.

Healthy friends bring out the best in you; they help you to be the best version of yourself. Toxic friends, however, tend to create stress and chaos in your life, bring out your insecurities, and take you away from your values.



Have you ever experienced any of the following toxic behaviours in your relationships?

Aggression or violence		Jealousy of your success		Back-stabbing	
Social gossip		Exclusion from events		Bitterness or resentment	
Breaking of trust		Gaslighting or manipulation		Nasty or harsh words	

Just because you may have experienced one or more of the above toxic behaviours, doesn't necessarily mean you're in a toxic relationship. Sometimes, people maybe having a rough day, or may be wrestling with things we don't know about. As an exception, this might cause the worst in them to out in that moment. If you were to be really honest, you might even recognise yourself in some of these toxic behaviours, when you've been having a bad day. However, if you engage these behaviours on a regular basis, you could be a toxic friend. In the same way, if someone repeatedly behaves in these ways towards you, your relationship might be toxic. Depending on the level of toxicity, it may be important to set up healthy boundaries for certain friends, whereas for other relationship, you may need to distance yourself all together. If it's true that you become like those you hang around, you need to be very careful who you choose to let into your inner circle.



BOUNDARIES

Have you ever experienced any of the following toxic behaviours in your relationships?

	EMOTIONAL	PHYSICAL	ONLINE
WHAT IS IT?	Take personal responsibility for how you let others affect your feelings. Take care of your emotional needs. Refuse to be manipulated, unjustly blamed or put down. Don't allow yourself to be the butt of all jokes.	Get out of harm's way. Ensure you are physically safe. Avoid situations and circumstances where physical threat or harm might be likely. If needed, enlist support from teachers, parents or authorities	Make sure you are not being groomed, coerced or bullied when on social media, games or chat sites. Determine who you will allow to see your posts. Don't get into debates or arguments online. Don't post things you'll later regret.
HOW TO DO IT?	Stand up for yourself. Speak up for yourself. If necessary, walk away. Find someone to talk to. Seek guidance & support. Ask God for wisdom.	Identify possible high-risk people & situations. Have clear rules about how you will be treated and communicate these. Tell a trusted adult.	Change your settings to private. Unfollow or block toxic people/posts. Take a social media break. Report social media or gaming violators.

Q: What emotional boundaries might you need to establish?

Q: What physical boundaries might you need to establish?

Q: What online boundaries might you need to establish?



**You can teach
people how to
treat you.**

Dealing With Bullies

A bully is someone who seeks to intimidate you, whether in person or online. Ongoing bullying can feel overwhelming and affect your thoughts, feelings and behaviour. Bullies like to shame you or make you think there is something wrong with you. Their goal is to get an emotional reaction from you. So, if you get angry, upset or defensive, they win!

TALK TO A TRUSTED FRIEND OR ADULT

- The power of the bully only lasts as long as you are willing to keep their secret.
- Give details about what happened, when and where it took place, who was there to observe it, and what you said in response.
- Request their assistance to solve the problem.

DON'T REACT EMOTIONALLY OR RETALIATE BACK

- By giving no emotional response, you communicate to the bully that their words and behaviour have very little power over you.
- Raise the standard by extending honour and kindness in return. "Pray for those who persecute you" (Matthew 5:44 NIV).

ASK THE QUESTION "WHY DO YOU THINK...?"

- Put the burden on the bully to justify themselves and give an account for their claims. More often than not, there's no truth in what the bully is saying.

SURROUND YOURSELF WITH TRUE FRIENDS

- Identify four good friends who have your back. There is safety in numbers!

PUT HEALTHY BOUNDARIES IN PLACE

- You have the right to choose who you allow into your heart and mind.