

Are girls' friendships causing concern in your school?

Proud2BeMe workshops

Friends are important to girls, with girls literally defining who they are through their friendships. But making and keeping friends is a complex skill that comes easier to some children than others and even the closest of friends can have trouble getting along sometimes.

Our hugely popular Proud2BeMe workshops for primary and secondary schools are child-focused and evidence-based, and designed to create a safe and engaging space for girls and young women to talk openly and honestly about their friendships.

The workshops use a range of learning methods including group discussions, fun and interactive activities, role play and creative art-based learning to enable girls to gain new skills to deal with the pitfalls of interpersonal relationships and how to repair friendship problems assertively when things go wrong.

Focus of the workshops

Our five workshops offer practical solutions to help girls navigate their friendships by building resilience and social skills. These include:

- Identifying and building girl's resilient strengths
- Examining the DO's and DON'T's of being good friend
- Strategies for dealing positively with online/offline friendship problems
- Building emotional literacy and wellbeing skills to cope with big feelings such as jealousy, envy and dealing with change
- Rehearsing help-seeking conversations and strategies

Key learning outcomes

Girls will be able to:

- Feel better equipped to manage offline and online friendship problems when they occur
- Understand importance of respectful positive relationships
- Deal positively with big emotional feelings such as jealousy, envy and change
- Reduce the negative impact of friendship problems on girls' emotional wellbeing

Feedback

'Working with Priority 1-54 has been an inspiration. It has been amazing to see the girls open-up and have the forum to discuss some of their concerns about a wide range of 'growing up' dilemmas. We would recommend the workshops to any school' [Head of Pastoral Support, Stafford Junior School]

'Thank you for helping us. The bullying has been bad and not very nice. It was good to be able to talk about our problems' [Year 9 pupil]

'We talked about real life issues that I have had to deal with' [Year 7 pupil]

'I liked how we talked about talking behind each other's backs because it happens a lot' [Year 6 pupil]

'It's really helping me with my confidence' [Year 6 pupil]

More information

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