

Children's Connections Curriculum

Session Topic: Self-Esteem (Longing to Belong)

Developmental Level: Middle School

Purpose: To have a discussion about the benefits and drawbacks of belonging to a group.

Material Needed: "We Belong Together" handout, pencils or pens

Description of Session:

1. Pair up the students
2. Give them each a copy of the We Belong Together handout. Have them write down as many things as they can think of that "belong" together (pb and jelly, ham and cheese, movies and popcorn).
3. When they are done, begin a discussion about belonging. Ask the students if sometimes the things they listed don't go together. (For example, sometimes people do not like to put peanut butter with jelly).
4. Ask the students what they belong to (example: sports teams, church group, clubs)
5. Ask the students what group of friends they belong to. Encourage the students to talk about the benefits and problems that accompany having a specific group of friends.
6. Example questions:
 - When are some times that you and your friends don't "go" together (ex: Might not all play the same sport)
 - When do you recall doing something with a group of friends that you did not want to do?
 - Why do you think people sometimes do things that they do not want to do when they are around their friends?
 - How do you think people act differently when they are around different groups of people?
 - Why do you think it is difficult for people to say no to their friends?
 - Where would you draw the line with your friends? What are some things you would not do to belong?
 - What are some things that friends sometimes pressures each other to do, to wear, to say?
 - Why do you think people continue to be friends with people they are afraid of or who threaten to break of the friendship?
 - How can you make some healthy choices about your friends when deciding what you are and are not willing to do?
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Discussion Questions:

1. What was the point of this group session?
2. What do you think can be done to help students have healthy friendships with one another?
3. How will you use what you have learned today in the future?

Reference: Taylor, J and Trice-Black, S. (2007). *Girls in Real Life Situations*. Champaign Ill: Research Press.