

# BC FRIENDS Program

## FRIENDS for Life (Child)



The BC FRIENDS program has 3 program levels; Fun FRIENDS (K/Gr 1), Child (Gr 4/5), and Youth (Gr 6/7).

### FRIENDS for Life (grades4-5)

The FRIENDS for Life (Child) program is an evidence-based, anxiety-prevention and resiliency building program, taught in grades 4 and 5 in BC classrooms.

- The FRIENDS program is taught in the classroom over 10 or more weeks, and may also be integrated into various parts of the curricula year round.
- FRIENDS is a **social emotional learning** program, where students learn life skills to cope with challenges now and in the future. Students identify feelings, explore ways to relax, build strategies to break down challenges/goals into manageable steps, build positive support structures and more.
- FRIENDS has a **parent component**, where parents are encouraged to reinforce FRIENDS skills with their children at home for further integration of these skills. For on-line parent workshops and resources, visit [www.friendsparentprogram.com](http://www.friendsparentprogram.com)

### Key Benefits

- Teacher friendly resource.
- Adaptable to various parts of the curriculum.
- Promotes a positive classroom climate/culture.

### BC FRIENDS Website

[http://www.mcf.gov.bc.ca/mental\\_health/friends.htm](http://www.mcf.gov.bc.ca/mental_health/friends.htm)

### One-Day FRIENDS Child Training

- The one-day FRIENDS Child training is required prior to program delivery. Teachers, counsellors and other educators who are committed to delivering or co-delivering FRIENDS in a grade 4 or 5 classroom are eligible to attend the training.
- Sponsored by the Ministry of Children and Family Development, FRIENDS training and classroom materials (student workbooks) are provided at no cost.

### FRIENDS & the Ministry of Education

- FRIENDS aligns with the core competencies of BC's Education Plan and provides teachers with a framework for addressing thinking, communication, and social and personal competencies.
- Personalized Learning - FRIENDS provides students with opportunities to learn skills that increase confidence and self-esteem, and focus on their individual needs and strengths.
- ERASE bullying prevention – FRIENDS helps create a positive classroom climate/culture for students in which to explore, take risks, and develop new relationships in a safe, caring and respectful environment.