

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

Fun FRIENDS (K-1)



Fun FRIENDS, the early years' version of the evidence-based, **anxiety-prevention and resiliency building** FRIENDS program, is an experiential, play-based curriculum for kindergarten and grade one students in BC.

- Fun FRIENDS is taught over 12 or more weeks in the classroom, allowing the FRIENDS skills to be learned simultaneously and reinforced throughout the school year.
- Students learn important **social and emotional skills** in a safe, caring and respectful environment. Children are provided opportunities to understand and identify feelings, explore ways to relax, learn to be brave and try new things, think in helpful ways, get along with others, and more.
- Fun FRIENDS has a **parent component**, where parents are encouraged to reinforce Fun FRIENDS at home to further enhance children's development and integration of these skills. For more information, visit <http://www.friendsparentprogram.com/>

Key Benefits

- Teacher friendly resource.
- Adaptable to various parts of the curriculum.
- Positive impact on classroom's climate/culture.

BC FRIENDS Website

www.mcf.gov.bc.ca/mental_health/friends.htm

One-Day Fun FRIENDS Teacher Training

- Sponsored by the Ministry of Children and Family Development, the Fun FRIENDS training is available without cost to teachers, counsellors and other educators committed to delivering or co-delivering FRIENDS in a Kindergarten or grade 1 classroom. The one-day Fun FRIENDS training is required prior to program delivery.
- Training and classroom materials (Fun FRIENDS family guide workbooks) are available to trained teachers at no cost.

Fun FRIENDS & 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.