BUZ Friends is a proactive, wholesome approach that enables children to develop emotional and social well-being.

For years 2-3
SKILLS FOR MAKING AND KEEPING FRIENDS

The Focus of the BUZ Friends program is to develop social skills

Especially skills to enable children to instigate, build and maintain successful friendships; the ability to cooperate with others in the classroom and playground.

BUZ Friends - Program Outcomes
Provide the students with the skills to:
- Build a positive self-image
- Confidently establish and maintain communication with peers
- Develop new friendships
- Identify feelings and recognise situations that may cause different feelings to emerge
- Understand, communicate and manage feelings, especially anger and sadness
- Appropriately express feelings and wants to others
- Recognise and resolve conflict
- Handle situations when they are not being treated fairly or with respect (Bully-proofing)
- Grow and celebrate positivity

The BUZ Friends program works best for a normal class group in a normal classroom setting.
The program is designed to be conducted over 8 x 1 hour sessions. These can be done one hour per week for eight weeks or 2 hours per week over 4 weeks or 1.5 hours per week over 6 weeks. The sessions are designed to last for one hour. If you wish, you may extend the time for each session.
Children receive an A5 booklet and stickers.
BUZ FRIENDS PROGRAM OUTCOMES FOR CHILDREN

SELF CONCEPT AND SELF RESPECT
• Recognise and appreciate their strengths and those of others in the group, helping with a positive self image.
• Recognise that we are all special and different in our own way and focus on their strengths
• Identify their strengths and the activities and interests that they enjoy.

FRIENDSHIP SKILLS
• Learn circle skills and learn how to cooperate with others in the BUZ circle.
• Recognize that it is just as much fun to invite people in and have no one 'get out' in a game. Playing with others in a friendly way is important.
• Recognise that all people need friends and someone to care, just as they do and that it takes certain elements to make a good friend.
• Recognise the attributes in themselves and others that go towards creating successful friendships.
• Identify and use the 5 SNACK friendship making strategies.

EMOTIONAL COMPETENCE
• Identify different types of feelings and use clues to work out how others are feeling.
• Accept that feelings are a part of life and are not “bad” and that they can understand how they are feeling and why they feel that way.
• Learn appropriate ways of expressing their feelings.

ANGER MANAGEMENT
• Identify several situations that can lead them to feel really angry and ways they can handle their anger.
• Consolidate the strategies they use to manage their feelings and handle their anger.
• Finding appropriate outlets for strong feelings.
• Learning and practicing the BUZ Feelings Management Creed.

CONFLICT RESOLUTION
• Recognise that conflict occurs in friendships and that it is a natural part of life and that it can be solved.
• Recognise what causes conflict in their lives.
• Learn, practice and commit to memory the steps of the BUZ Hopscotch Method of Conflict Resolution.
• Practice conflict resolution skills focusing on real life examples.
• Realise that they can say sorry anywhere in the Hopscotch and that the whole process is a way of saying sorry.
• Understand the power behind saying sorry as an important step in repairing friendships.
• Develop an understanding of forgiveness being like glue that repairs a broken friendship and realise the importance of forgiveness in healing relationships.

BULLY-PROOFING
• Identify bullying behaviour and begin the progress of thinking of strategies.
• Understand what “Mean” means and learn how to say what happened.
• Learn and practice the BUZ Gimme 5 bully-proofing strategies.
• Develop techniques for ‘bounce backs’ and for building up their ‘bully shields’

www.youthcare.org.au  www.buildupzone.com