

**Year 7: Friends!  
Framework of topics**

**A GENERAL FRAMEWORK**

Set out below, with an index to follow, is the framework of topics addressed in Year 7. You may find this useful in creating your lesson plans.

**Specific Objectives**

UNIT	ABILITIES	LESSONS
I. Making Friends	To recognise that friendship is founded upon character strengths or virtues. To develop virtues that build friendships.	1—8
II. Friendship All Around	To understand that good relationships in the neighbourhood, community, city, nation and world resemble friendships and are built on virtues. To understand the human need for close and positive relationships with friends and family.	9—16
III. Belonging	To distinguish the natural and healthy desire to belong and participate from constrained conformity to negative peer pressure.	17—21
IV. My Friends and my Personality	To develop integrity and stand up firmly to negative peer pressure. To hold oneself and one's friends accountable in living up to ideals and promises.	22—26
V. Expanding my World	To understand that friendships and relationships take on new dimensions as puberty begins.	27—30
VI. Taking Care of Business	To take care of the pre-teen body in the areas of hygiene, sports, eating, abstinence from destructive behaviours and substances. To exercise prudent time management.	31—35

## B STUDENT WORKBOOK INDEX

Chapter	Title	Topic	Areas to be Emphasized
<b>Unit I: Making Friends</b>			
1.	Silver and Gold	The character qualities of a good friend	The development of virtues
2.	The Friendship Hog	Sharing friendships without jealousy or monopolising	Development of the capacity for unselfish giving
3.	The Birthday Party	Developing an analytical yet appreciative eye about friends	Dealing with diversity among friends
4.	Friend from Afar	True friendship is generous and open, and true friends share their friends with others. The friends we choose reveal who we are.	Developing the character strengths of discernment and sharing
5.	The Battle of the Sexes	Justice: the basis of friendship	The development of the virtues of respect and fairness
6.	The Ice-skating Birthday Bash	Similarities and differences between the sexes and their consequences in friendship and life.	Psycho-sexual development
7.	Under Wraps	Respecting confidences as being different from gossip and inappropriate secrets	Development of the virtues of trustworthiness, loyalty, discernment and self-control
8.	Making Up	Quarrelling and making up	Conflict resolution skills
<b>Unit II: Friends All Around</b>			
9.	Friends in the Neighbourhood: Civic Responsibility	Characteristics of cooperation in the neighbourhood and community	Community spirit, gratitude and responsibility
10.	Friends in the City: Doing Right	Justice and doing right as the basis of all successful community living	To develop a sense of justice, honesty, and civic responsibility
11.	Friendship in the Nation: Democracy	Democracy and its workings. The need for respect and participation by all	The virtues of respect and responsibility
12.	Friends Around the World	Justice and respect for other people leads to peaceful relationships	Justice as the basis for peace. Empathy and integrity
13.	The Heart's Longing: a Friend	The social nature of human beings and the virtues needed for healthy friendships	Social awareness Social skills
14.	My First Friends	Good, trusting communication with parents in spite of natural self-consciousness and conflicts at this age	Family relationships Communication Appreciation of parents' support
15.	The Protector	Respect and gratitude toward parents.	To appreciate parents' presence and support To trust and be trustworthy
16.	My Siblings, My Friends	We don't choose our siblings; they are an unavoidable reality (we have known them since they were born)	Thoughtfulness, loyalty, and tolerance with siblings

## Unit III: Belonging

17.	Look Before You Leap	Friends can help or hurt each other; promote one another's growth or corrupt	Discernment The ability to say "no" Dealing with peer pressure
18.	'Band of Brothers'	Real friends and false friends	Resisting negative peer pressure Embracing positive peer pressure Discernment
19.	Shampoo and Sunshine	Having good friends	Response to good and bad peer pressure Self-esteem
20.	Becoming Part of Things	The value of participating in good, clean fun	Taking initiatives Volunteering Willpower
21.	Peer Pressure	How a group of 'friends' may be a negative thing	Identity formation Assertiveness Self-respect

## Unit IV: My Friends and my Personality

22.	The Fashion Plate	The courage to be who one is, regardless of peer pressure	Individuality Individuality and group dynamics
23.	'The Rebel'	The importance of finding personal identity and a guiding scale of values	Critical thinking Identity formation Taking initiatives
24.	Standing Out	Knowing when to stand against the crowd	Integrity Respect
25.	Word and Deed	Trust in a person's integrity is the basis of friendship and of all good relationships	Integrity The importance of keeping one's word
26.	The Big Deal	Boundaries must be respected, even in relationships with friends and family	Respect for the privacy of others Awareness of the personal Seeing in perspective taking: tact and friendship.

## Unit V: Expanding My World

27.	Metamorphosis	Introduction to puberty and the bodily changes as well as the psychological (emotional) and spiritual (mental) changes	Understanding changes Accepting and respecting oneself and others Coping with transition Tact
28.	'Tête-à-Tête'	The changes a girl goes through in the process of becoming a woman	Psycho-sexual development
29.	Between Friends	The changes a boy goes through in the process of becoming a man	The boy's process of growing into a man. Psycho-sexual development Friendship and sexuality.
30.	Just Right	Accepting differing rates of growth, change, and development	Self-acceptance Seeing in perspective

## Unit VI: Taking Care of Business

31.	The 'Gift'	Healthy versus unhealthy attitudes about grooming and fashion	Hygiene Thrift Responsibility
32.	The Good Sport	The relationship between sports, exercise, nutrition, and good health	Bodily awareness Healthy habits
33.	Time and the One-Eyed Dragon	Time management and investing time properly	Time management and investment Developing skills
34.	You Are What You Eat	The importance of good nutrition	Healthy habits
35.	School's End	Addictive behaviours, smoking, drugs as substitutes or bids for, friendship	Social awareness Self-control Rejecting negative peer pressure