

Chapter 8 Lesson 1: Safe and Healthy Friendships

Introduction:

During your teen years, your friends become an increasingly important part of your life. In this lesson, you learned about how to form and strengthen different sorts of friendships. This Web site addresses why friendship is so crucial during your teen years.

Links to Explore:

Friendship Is Important to Teens

<http://www.urbanext.uiuc.edu/familyworks/teen-05.html>

Directions:

- Click on the link and read the essay.
 - Next, answer the following questions based on what you read:
1. Name three benefits of teen friendships, as specified in this Web site.
 2. What tends to happen to teens without friends?
 3. Name two ways cliques benefit teens.
 4. What is a crowd?
 5. What is one main difference between crowds and cliques?

Answers:

1. Three of the following:
 - Friendships provide teens with opportunities to develop conflict-resolution skills.
 - Friends provide fun and excitement for teens through companionship and recreation.
 - Friends give advice to one another.
 - Friends are loyal allies who can help each other out at school or in the neighborhood.
 - Friendships provide stability during times of stress or transition.
2. Teens without friends tend to be more lonely and unhappy, to have lower levels of academic achievement, and to have lower self-esteem. They are more likely to drop out of school and to get involved in delinquent activities.
3. Cliques help to boost members' confidence and give them a sense of identity.
4. A large group of teens who gather together because they have characteristics that identify them with one another
5. Either of the following:
 - Crowds are larger groups than cliques.
 - Cliques generally involve close friendships, while crowds are based on more casual friendship.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Making and Keeping Friends: A Self-Help Guide

<http://mentalhealth.samhsa.gov/publications/allpubs/SMA-3716/default.asp>

Friendships—Helping Your Child Through Early Adolescence

<http://www.ed.gov/parents/academic/help/adolescence/part9.html>