



WELCOME TO

FRIENDOLOGY EDUCATOR TRAINING

PREPARING FOR EDUCATOR TRAINING



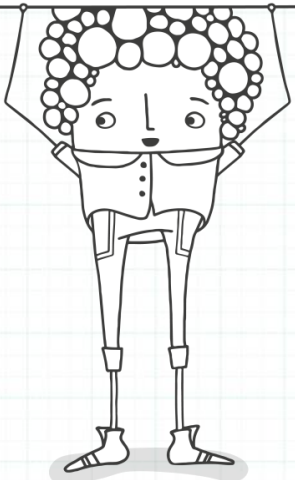
URSTRONG is a *whole-school strategy* that empowers kids with *friendship skills* to create *cultures of kindness* in schools.

PREPARING FOR TRAINING



THIS IS YOUR
STEP-BY-STEP GUIDE
TO LEAD YOUR TEAM
THROUGH OUR
FRIENDOLOGY 101
EDUCATOR TRAINING!

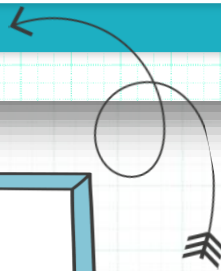
STEP 1:
*Get Teachers to
Create Accounts!*



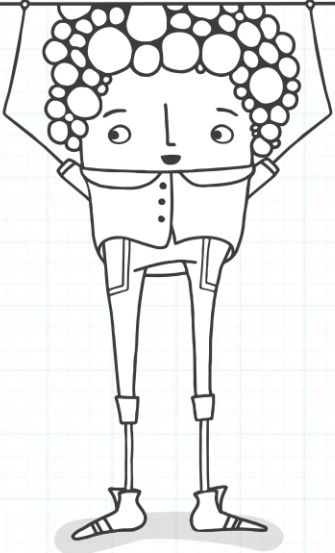
Invite your teachers to create their accounts. As a whole-school strategy, everyone gets access!

CLICK ON THE **ADD TEACHER** BUTTON!

Encourage your team to **explore the website** so they discover all the resources available to them!



STEP 2:
**Design a Schedule for
Training Videos**



You will bookend your training with
live sessions on Zoom!

Prior to our wrap-up session, your
team will need:

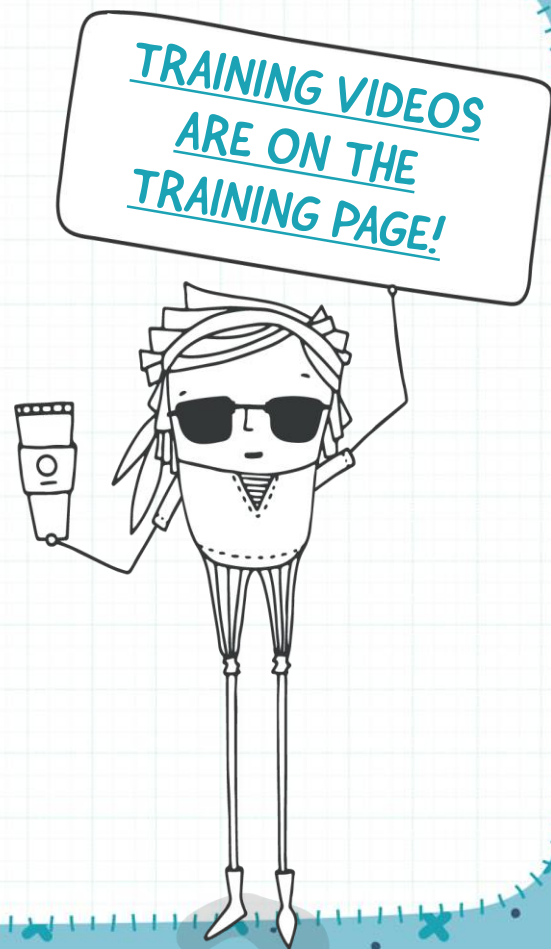
**90 minutes to watch
Training Videos**

**120 minutes to watch
Friendology!**

This is homework after Session 5!

The Suite of Videos:

1. INTRO with DANA (60 min) ***LIVE SESSION***
2. Science of Friendship (30 min)
3. Language of Friendship – Part One (15 min)
4. Language of Friendship – Part Two (15 min)
5. Friendology 101 (15 min)
>>> Watch all 8 Friendology sessions (8 x 15 min)
6. Becoming a URSTRONG School (15 min)
7. WRAP-UP with TYSON (90 min) ***LIVE SESSION***



Designing your Training Schedule

Do what works
for your
school!

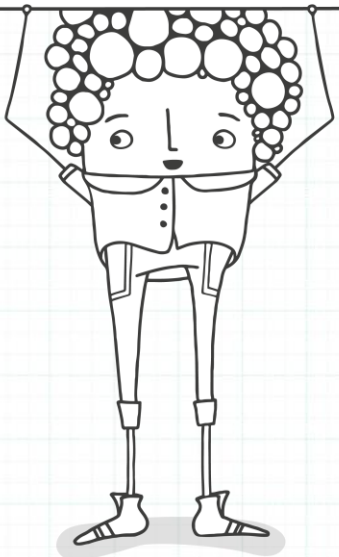


Will you watch the
videos as a staff,
in grade/stage
teams, individually
– or a combo?

→ **START HERE:**

[View this sample &
template!](#)

STEP 3:
Book Your
LIVE Sessions!



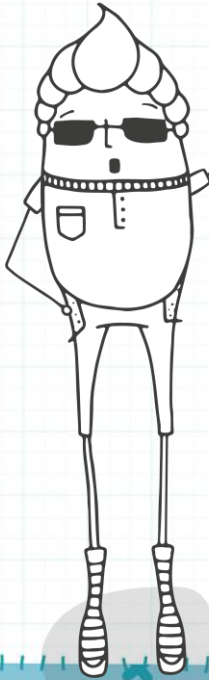
Presented by either Dana (Founder) or Tyson (Director), the **INTRO** and **WRAP-UP** sessions are live on Zoom!

HAVE YOU BOOKED YOUR DATES?

Once you receive the Zoom details, forward that on to your team.

Teachers should attend this session on **individual devices**, as we use the chat & want to engage with everyone!

To Get the Most Out of Training!



ENCOURAGE EVERYONE TO:

Review Facilitator's Guide &
Teaching Notes (within each
session of Friendology)

Complete homework &
opportunities to "dig deeper"

Try out SKETCHNOTES!

DATE _____

connection before content

self-actualisation
friendship

RELATIONSHIPS ARE THE HEART OF Well-Being + LEARNING

THE SCIENCE OF FRIENDSHIP

↑ Quality Friendship = ↓ Anxiety

High Quality CONNECTION

Short-term interactions that FUEL positive emotions + strengthen relationships

YOUR TRIBE affects your VIBE

LET'S MAKE OUR KIDS: Kind and strong.

So what works?

- consistent approach
- whole-school community
- kid-friendly language
- skills-based
- proactive

for-giveness
skill-compassion
kindness
fun
trust
respect
diversity
company
honesty
courage
gratitude
community

DATE _____

1: No friendship relationship is perfect
2: Every friendship is different
3: Trust & respect are the two most important qualities
4: Friendships change... and that's okay!

WWW THE LANGUAGE OF FRIENDSHIP

Healthy Friendship vs. Unhealthy Friendship

Healthy Friendship: FRIENDS-LO-LOVE

Unhealthy Friendship: FRIENDS-LO-LOVE

What works?
What doesn't it work?
What's my plan?

friendship GROUPS

U vs. O

U: include, individual, freedom

O: exclude, controlled

mean on PURPOSE

QUICK COMEBACK REPORT ← WALK AWAY

FRIENDSHIP FIRES

A situation between friends that results in negative feelings.

confront the issue → talk it out

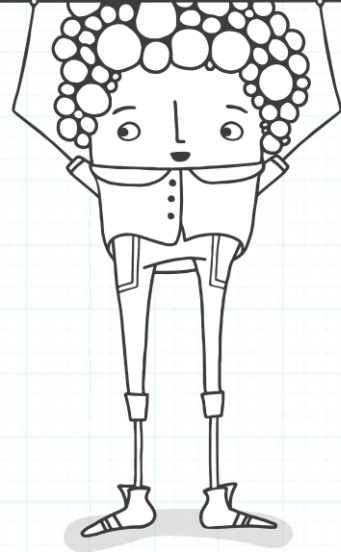
clear & strong → forgive & forget

→ healthy friendship type

ACTIONS SPEAK LOUDER THAN WORDS!

works: healthy language, negative bias

Will you get your staff to show you their sketchnotes or share them?



Friendology 101 Educator Training

- Science of Friendship (30 min)
- Language of Friendship One (15 min)
- Language of Friendship Two (15 min)
- Friendology 101 (15 min)
- >>> 8 Friendology sessions (8 x 15 min)
- Becoming a URSTRONG School (15 min)
- Intro Session (60 min)
- Wrap-up Session (90 min)
- Homework Assignments
- Sketchnotes

You'll be certified
Friendship Ninjas
after all this!





Always be Thinking...

How can we bring this to life at our school in way that's meaningful for our community?