



WELCOME TO

FRIENDOLOGY EDUCATOR TRAINING

PREPARING FOR EDUCATOR TRAINING



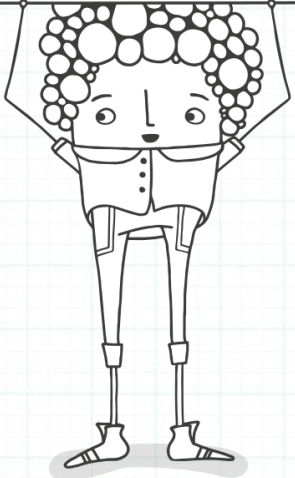
URSTRONG is a *whole-school strategy* that empowers kids with *friendship skills* to create *cultures of kindness* in schools.

PREPARING FOR TRAINING



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

STEP 1:
*Get Teachers to
Create Accounts!*

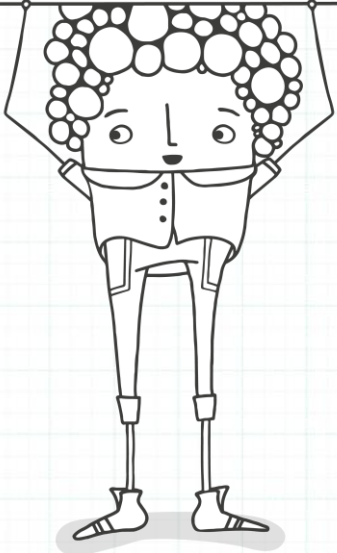


Invite your teachers to create their accounts. As a whole-school strategy, everyone gets access!

CLICK ON THE *MANAGE STAFF* 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 are invited to bookend your training with LIVE sessions on Zoom!

Prior to the WRAP-UP session, your team will need:

**90 minutes to watch
Training Videos**

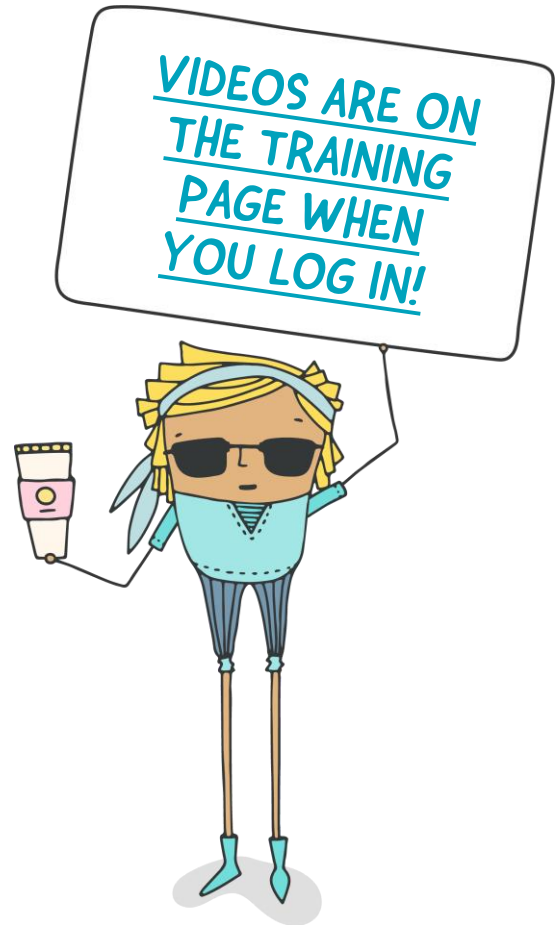
**120 minutes to watch
Friendology!**

This is homework after Session 5!

FRIENDOLOGY >>> EDUCATOR TRAINING!

1. INTRO with URSTRONG (60 min)
2. Science of Friendship (30 min)
3. Language of Friendship – Part One (15 min)
4. Language of Friendship – Part Two (15 min)
5. Friendology (15 min)*
6. Becoming a URSTRONG School (15 min)
7. WRAP-UP with URSTRONG (60 min)

* Watch all 8 Friendology sessions
(8 x 15 min)



Designing your Training Schedule

Do what works
for your
school!

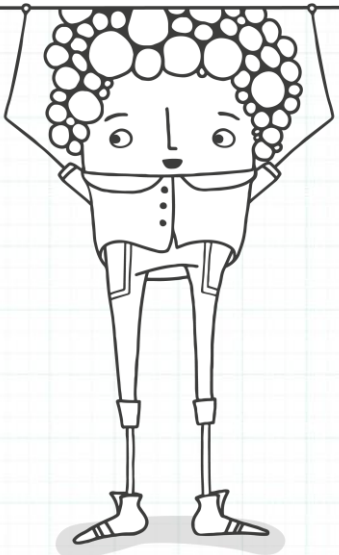


Will you watch the
videos as a staff,
in grade/stage
teams, individually
– or a combo?

→ **START HERE:**

[View this sample &
template!](#)

STEP 3:
Book Your School
into LIVE Sessions!
Optional

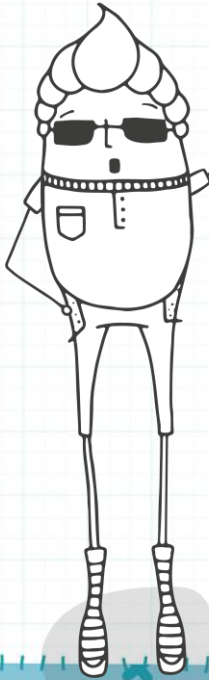


Presented by either Dana (Founder) or Tyson (Director), **INTRO** and **WRAP-UP** sessions are offered LIVE on Zoom throughout the year!

IF YOU WANT TO JOIN THESE LIVE SESSIONS, YOU NEED TO BOOK IN!

Alternatively, you can watch the pre-recorded **INTRO & WRAP-UPS** available on the Training Page!

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.**

What works?
 - forgiveness
 - skill
 - compassion
 - kindness
 - fun
 - trust
 - respect
 - diversity
 - empathy
 - honesty
 - courage
 - gratitude
 - community

What doesn't it work?
 - inconsistent approach
 - whole-school community
 - kid-friendly language
 - skills-based
 - proactive

What's my plan?

ACTIONS SPEAK LOUDER THAN WORDS!

mean on PURPOSE

QUICK COMEBACK REPORT ← WALK AWAY

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!

Healthy Friendship

Unhealthy Friendship

EMERGENCY SLEEP

THE LANGUAGE OF FRIENDSHIP

friendship GROUPS

U vs O

include individual freedom vs. exclude controlled

FRIENDSHIP FIRES

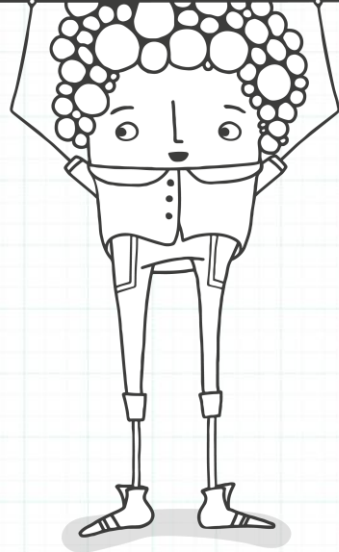
A situation between friends that results in negative feelings.

confront the issue → talk it out

cleanse → forgive & forget

healing friendship type

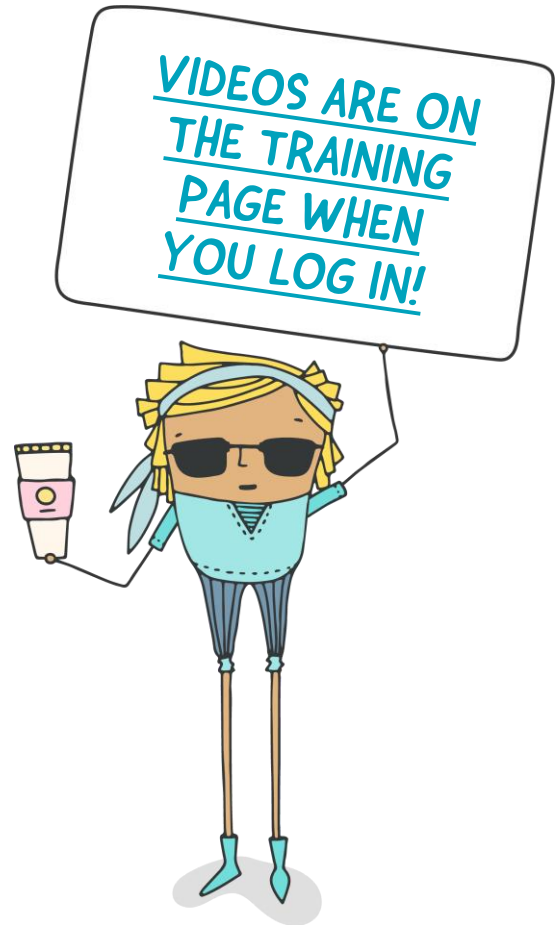
Will you get your staff to show you their sketchnotes or share them?



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Always be Thinking...

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