

BE A FRIEND FIRST (BFF)

A girl's relationship with her peers are critical components of her well-being and ability to succeed in school and throughout her life.

BFF is an eight-week program facilitated by Girl Scout staff. It is intended for upper elementary and middle school girls to help them develop healthy relationship skills, understand relational aggression and learn about conflict resolution and how to prevent bullying. The activities were created to be hands-on and interactive.

BFF SESSIONS AT A GLANCE

Week 1: Getting To Know Ourselves and Each Other

Week 2: Personal Strengths and Qualities

Week 3: Emotions and How to Manage Them

Week 4: Conflict Resolution

Week 5: Stereotypes and Diversity

Week 6: Take Action—How Can I Make A Difference?

Week 7: Take Action—How Can I Make A Difference?

Week 8: Celebrate!

Best for girls grades 5-8 with a minimum of 10 girls per group.



If interested a BFF group can be held during the school day or during an afterschool program. Each session last approximately 45 minutes. There is no cost for the program due to our generous community partners.

For more information or to schedule a group at your location, visit girlscoutsem.org or contact communityoutreach@girlscoutsem.org.

