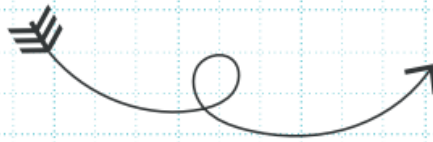




HOW TO BECOME A

URSTRONG SCHOOL

CREATE A CULTURE OF KINDNESS
AT YOUR SCHOOL!



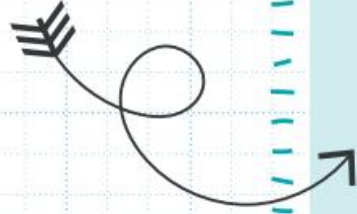
WHAT IS... URSTRONG?



- URSTRONG has *improved the social climate* in thousands of schools around the world & worked with *over a million students, parents, & teachers!*
- Underpinned by *Friendology*, a friendship skills curriculum, URSTRONG's whole-school friendship strategy creates a common *language of friendship* in schools!



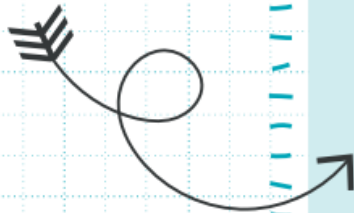
WHY IS IT IMPORTANT?



- Research shows that **relationships are the heart of wellbeing & learning.** When we get friendships right in schools, children flourish!
- Healthy relationships are the **#1 predictor of happiness & success AND the top protective factor** against mental health conditions & loneliness.
- Friendships are the most important relationship to kids. **Friendship skills can (and must) be explicitly taught!**



WHY DOES IT WORK?



- URSTRONG uses kids' language for kids' problems with visual tools that click with how kids think & learn!
- Skills-based curriculum for each stage of social-emotional development with common scenarios for role-playing to lock-in friendship skills.
- Designed for teachers (by teachers!) with an easy-to-use platform, video-based lessons, & assessments. Often described as, "Simple but profound!"



WHAT DOES URSTRONG TEACH?



- Friendology is a **progressive learning model**, building on friendship skills year after year!
- Students learn **emotional regulation strategies** and how to **manage conflict** in friendships with kindness.
- Students learn how to **make friends**, how to handle **common friendship issues**, and how to surround themselves with **healthy, feel-good friendships**.



A SNAPSHOT OF >>> EACH STAGE:



For every stage, the first session focuses on self-compassion (called “Inner Ninja”) and the last session is a review and celebration, tying it all together. The format is consistent throughout and each stage completes a culminating project focused on empathy (called “Friendology Shoeease”), combining self-awareness and social awareness.

Each stage contains a session on Tricky Situations where common, age-appropriate issues are addressed. The symmetry and continuity allows URSTRONG Schools to feature and display the progressive learning model and supports students in a deeper understanding of the framework.

EARLY YEARS:

1. Inner Ninja
2. True Colours
3. Making Friends
4. Friendship Facts
5. Friend-o-Meter
6. Friendship Fires®
7. Tricky Situations
8. Kind + Strong



FRIENDOLOGY SHOECASE:

Friendship Ninjas Stand Strong

TRICKY SITUATIONS:

Sharing, Taking Turns, Fairness

YEARS 1&2:

1. Inner Ninja
2. True Colours
3. Making Friends
4. Friendship Facts
5. Friend-o-Meter
6. Friendship Fires®
7. Tricky Situations
8. Kind + Strong



FRIENDOLOGY SHOECASE:

Put Yourself in a Friend’s Shoes

TRICKY SITUATIONS:

Birthday Parties & Playdates, Saying No (“No, because...”), Boss of You

YEARS 3&4:

1. Inner Ninja
2. Making Friends
3. Friendship Facts
4. Friend-o-Meter
5. Friendship Fires®
6. Mean-on-Purpose
7. Tricky Situations
8. Kind + Strong



FRIENDOLOGY SHOECASE:

Looking into Your Sole

TRICKY SITUATIONS:

Birthday Parties, Saying No (Ways to Kindly Decline), Caught in the Middle, Stealing Friends, Following & Copying

YEARS 5&6:

1. Inner Ninja
2. Friendship Facts
3. Friend-o-Meter
4. Friendship Fires®
5. Mean-on-Purpose
6. Tricky Situations
7. Friendship Groups
8. Kind + Strong



FRIENDOLOGY SHOECASE:

Walk a Mile in My Shoes

TRICKY SITUATIONS:

Saying No (Ways to Kindly Decline), Caught in the Middle, Gossip, Friendships Online

FRIENDOLOGY'S CORE
CONCEPTS THAT WE WILL BE
USING AT SCHOOL.

PLEASE DO FAMILIARISE
YOURSELF WITH THIS
TERMINOLOGY!



- URSTRONG'S -

4 FRIENDSHIP FACTS!



CORE CONCEPT!

The 4 Friendship Facts help children to understand what is normal in a friendship.

They allow students to set realistic expectations in their friendships, so they can distinguish between **healthy and unhealthy** relationships.

#1

NO FRIENDSHIP
(RELATIONSHIP)
IS **PERFECT**.



#2

EVERY
FRIENDSHIP IS
DIFFERENT.



#3

TRUST & RESPECT
ARE THE TWO MOST
IMPORTANT QUALITIES
OF A FRIENDSHIP.



#4

**FRIENDSHIPS
CHANGE...** AND
THAT'S OKAY!



- URSTRONG'S -

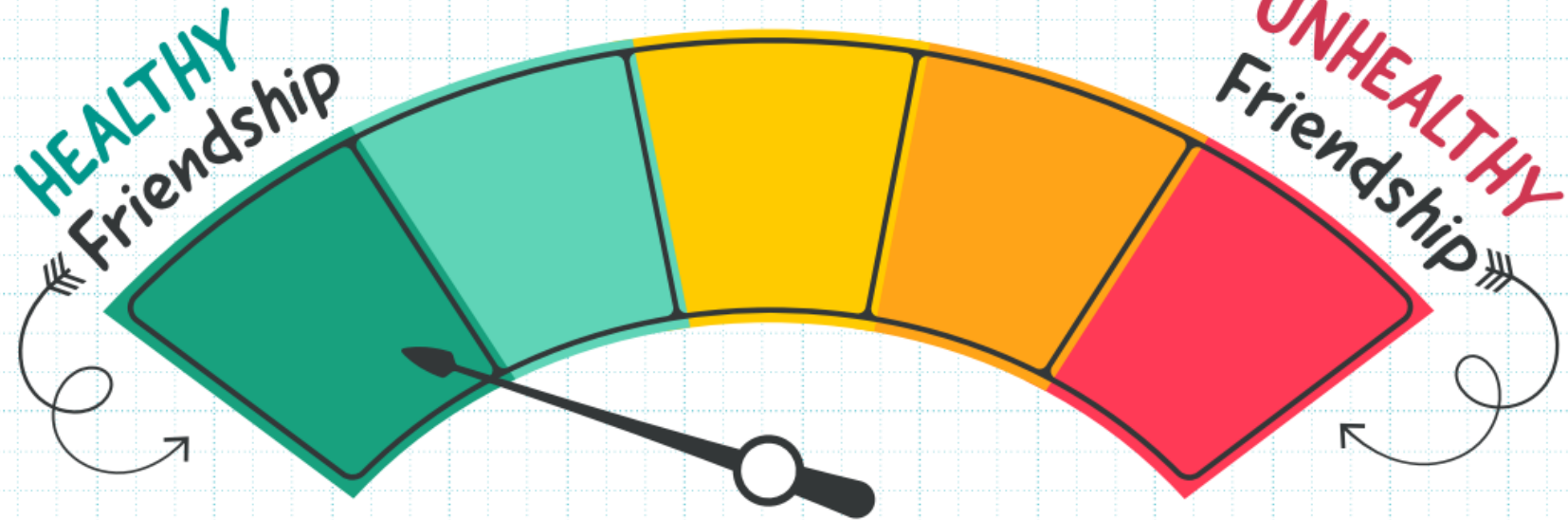
FRIEND-O-METER!



CORE CONCEPT!

The **Friend-o-Meter** is a visual tool used to help children think about how they are feeling in their friendships.

Students learn that it's normal for a friendship to sometimes dip into the **Red-Zone** and how to get friendships back to the **Green-Zone**.



RESPECT

HAPPY



TRUST

FUN

SAD



ANGRY

HOPELESS

ALONE

Spend the **MOST** time in **Green-Zone** friendships!

- URSTRONG'S -

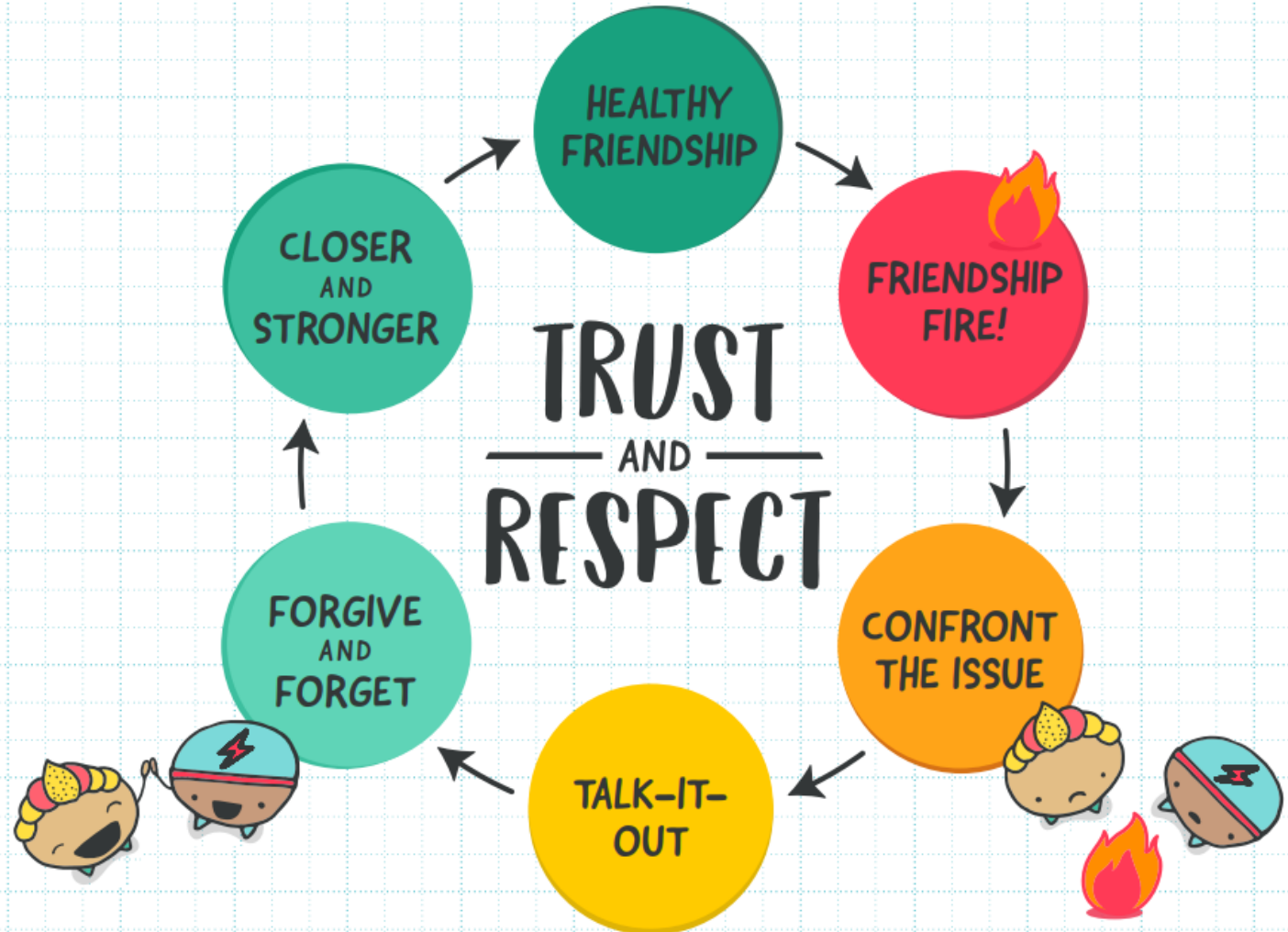
FRIEND-O-CYCLE!



CORE CONCEPT!

The **Friend-o-Cycle** walks kids through the normal cycle of conflict in a healthy friendship.

Students learn how to **Talk-it-Out** to put out their **Friendship Fires**®. They discover how resolving conflicts improves their friendships.



- URSTRONG'S -

FRIENDSHIP FIRE OR MEAN-ON-PURPOSE?



CORE CONCEPT!

Students learn how to differentiate and manage conflict in friendships.

Friendship Fire®:

normal conflicts like hurt feelings, disagreements, or misunderstandings

Mean-on-Purpose:

intentionally cruel, rude, malicious behaviour designed to be hurtful.

HAVE YOU GOT A



WAS SOMEONE



Did you Talk-it-Out?

1. Explain how you felt
2. Retell the situation

Did you say your Quick Comeback? Did you use a strong voice and immediately walk away?