

Discussion: Price of Belonging -- 10 minutes

Supplies: N/A

1. Say: Everyone wants that powerful feeling of belonging. Being connected to others confirms that we matter. And that's a human need! Sometimes we want that belonging so badly that we think it won't matter if we trade our values for popularity. For example, lying to your parents about where you went after school or posting an unattractive picture of the new girl online because someone dared you to. But small trade-offs add up, chipping away at our sense of who we are and what is right. When those things become blurry, you may find yourself caving into peer pressure more and more.

2. Ask: Can you share a time when you wanted to belong to a group?

- Have you ever traded off any values to belong to a group? If so, which ones?
- What do you think contributes to giving into pressure to belong?
- What does being self-confident mean to you?
- What common values do we share as a BFF group?

Activity: I've Got Your Back -- 20 minutes

Supplies: Blank white paper, markers

1. Say: Think of a time when someone gave you a compliment. How did it make you feel? Now think of a time when you gave someone else a compliment. How did that make you feel?

2. Ask: Have you ever been in a down mood but felt a little better after having a positive interaction with someone? Maybe a smile/wave hello, a hug, or someone giving a compliment.

3. Say: One way we can build positive relationships and show people we care about them is by giving compliments & encouragement – this usually helps us feel better too!

4. Pass out a blank piece of paper and marker to each girl and explain that we are going to practice giving compliments & encouragement to each other. Have everyone write their name on their paper and leave it at their spot. Once everyone has their name down, girls can start walking around to different papers to write nice words or phrases.

5. When everyone has had a chance to write on each girl's paper, have them return to their own paper and quietly read what others wrote. Let girls share a couple things on their paper that made them feel good, if they want.

6. Ask: How did it feel to give everyone compliments and encouragements? How did you feel when you read everything on your own paper? What are some ways we can do this at home/school/with our troop/in our community?