

Project Cornerstone Newsletter

FRIENDSHIP Part 1 – THE ART OF CONVERSATION

(6th and 8th Grade Lesson-of-Month #6)

We are excited to be working with your student in class each month teaching Project Cornerstone's "developmental assets" through relevant topics affecting our middle school students. The lesson this month is the 6th in a continuing series talking about behaviors and strategies to work with friends, family, community and work groups.



Lesson 6 is part one of a two-part lesson on friendship:

- We discuss starting and maintaining a conversation with an "opening line" activity and watching this video: <https://www.youtube.com/watch?v=MJYLfekgw2I>
- We emphasize that the GOAL is CONNECTION – touching back on our first three lessons, "Me, You and Us." Show an interest in the OTHER person. The activity challenges students to keep the conversation going using open ended questions - "who?", "what?" and "where?"
- We discuss nonverbal communication and the unique challenges of social media and add a funny video: <https://www.youtube.com/watch?v=e6qIMcMa6SY>

Continue this conversation at home!

- **Practice:** Have your student speak with other adults in situations such as answering the door, greeting neighbors and helping you host at parties. Talk to your student and their friends so you can model making small talk and connecting.
- **Discuss how communication begins with body language:** "Your attitude is the first thing people hear before you've said a word." Notice what is being "said" at home even when no one is talking.
- **Ask your student about how they use Social Media:** It is crucial that youth understand that anything they write on the internet is permanent. Talk with your student about ways to be kind and safe online.

"Connect with a Conversation!"