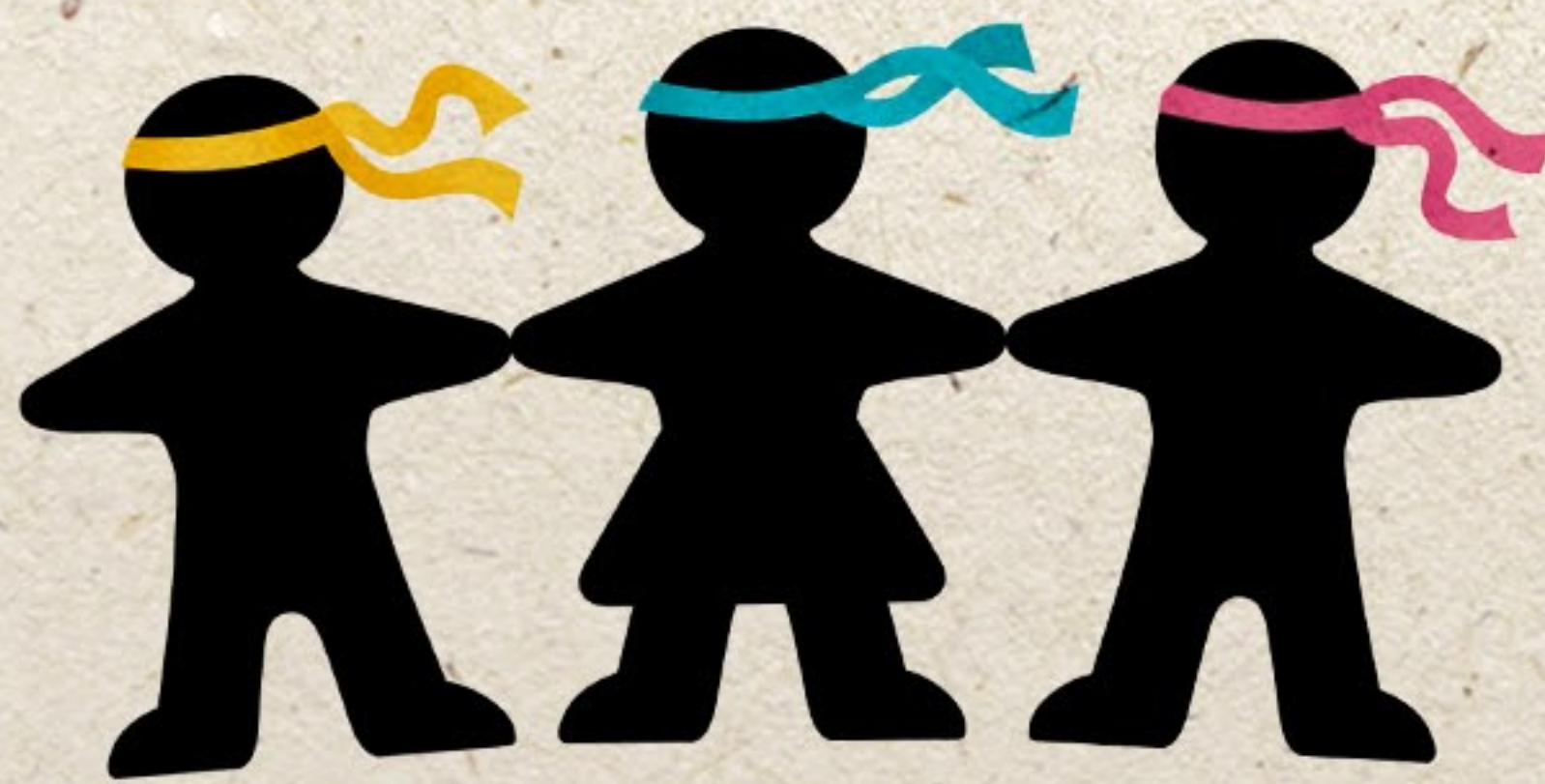


URSTRONG



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

Relationships are the heart of social-emotional wellbeing! URSTRONG gives kids skills, language & self-confidence to be better friends and develop healthier relationships. Using a kid-friendly approach, educators & parents learn a simple framework to support and coach kids towards positive relationships.

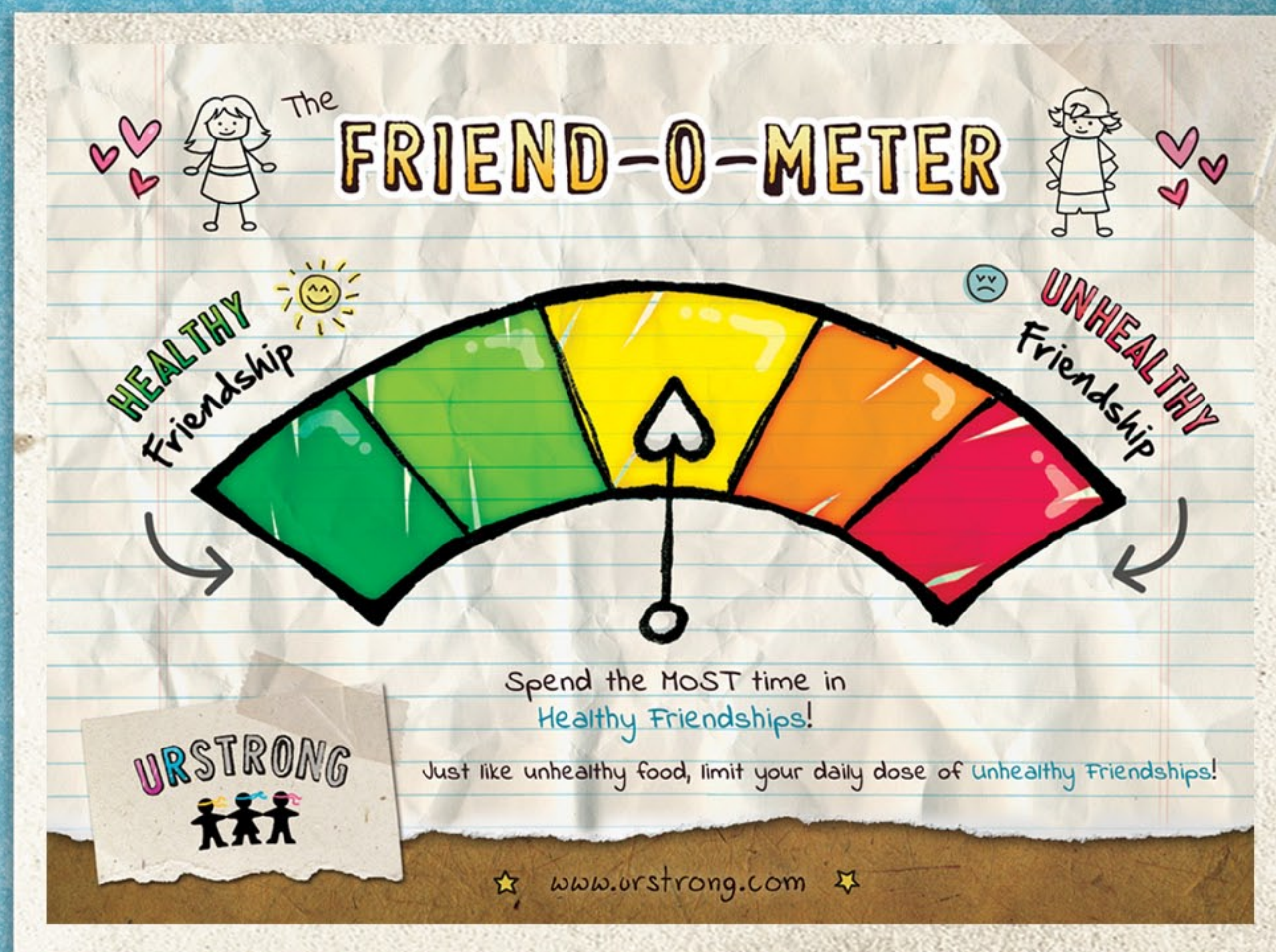
Explicitly teaching children how to develop healthy friendships and manage conflict in a respectful way is the key to bullying prevention + creating safe, caring learning environments + inspiring kinder, happier children.

The mini URSTRONG Posters cover our core principles. Refer back to them often!



Know what to expect in your friendships!

Can you give an example of all 4 Friendship Facts from your life?



Surround yourself with healthy friendships!

Where are your friendships on the Friend-o-Meter?



Friendship Fires actually make your friendships stronger when you Talk-it-out!

What happens when you don't put out the Fire?

You teach people how to treat you! You've got this! #urstrong

What's the difference between a Friendship Fire and Mean-on-Purpose?

STANDING UP FOR YOURSELF
 You teach people how to treat you!

HOW TO PUT OUT A FRIENDSHIP FIRE?
 Find a good time to talk, just the two of you. In a calm, serious voice.

1. Retell the situation
2. Explain how it made you feel
3. Talk it out, being respectful & honest

This is a conversation. Aim for Forgive-and-Forget!

HOW TO DEAL WITH "MEAN-ON-PURPOSE?"
 In that moment, in a strong voice.

1. Say your Quick Comeback
2. Walk away
3. Report it to an adult

This is NOT a conversation. Channel your inner #FriendshipNinja!

URSTRONG
 www.urstrong.com

KEEP THE CONVERSATION GOING

URSTRONG gives kids + parents + teachers a unique 'language of friendship' to strengthen their connection and open up those lines of communication.

Try these questions to spark a convo at home or school:

- What does trust and respect look like in a friendship?
- Where are your friendships on the Friend-o-meter?
- How can you increase your daily dose of healthy friendships?

Here are some tips to remember in supporting kids:

- Ask direct, specific questions
- Share your experiences
- Role-play
- Encourage them to put out their Friendship Fires & use their Quick Comeback

Be sure to visit
www.urstrong.com
 to discover a wide variety of videos, activities and articles to support your child's friendship journey.

want more info about URSTRONG?
 Please don't hesitate to get in touch by contacting us at
info@urstrong.com.