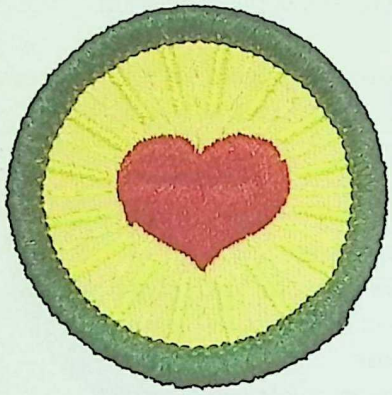
# Healthy Relationships



**Learning to get along with people is a skill you will value throughout your life. This badge will get you on the right path.**



### 1. Recipe for Friendship

What goes into making a good friend? Take the friendship quiz in the "Family and Friends" chapter of your *Junior Girl Scout Handbook*. Ask three people of different ages to take the quiz, too. Compare your results.

### 2. Story Mazes

Read the decision-making story maze in the "How to Stay Safe" chapter of your *Junior Girl Scout Handbook*. Try creating your own story maze.

### 3. Play the Friendship Game

Put the following questions (and others you come up with) on index cards. Each player takes a turn drawing a card and answering one of the questions.

- What qualities or characteristics do you like most about two of your friends? Don't say which friends, just the qualities.
- What do you expect from a friend?
- Have you ever had to make a difficult choice about a friend? What was it? Don't say which friends—just describe the choice you had to make.
- How do you know when you have a good friend?

### 4. Mum's the Word

Nonverbal communication can be as effective as the spoken word. Write the names of feelings—such as fear, shyness, or happiness—on pieces of paper. Have each person pick a piece of paper. Take turns communicating the feeling to the rest of the group *without talking*. Which feelings were easy to show? Which ones were harder? Why?

### 5. Fun and Games

Make a list of six fun things you can do with friends. Try to think of things that are inexpensive or free. Create your own puzzles, hikes, and challenges. Do one of these each week with friends.

### 6. The Power of Praise

Ask your adult family members about encouraging words they received from family members and friends while they were growing up. How did those words influence them? Make a point to say something encouraging to someone every day for a week.

### 7. It's a Date

Watch a movie or television program or read a book that includes a teenage dating situation. How do the characters handle the relationship? Are there feelings of conflict or peer pressure? Talk with your friends about what each of you would do in similar situations.

### 8. Friendship Club

With your troop, friends, or family, start a monthly friendship club. Each month, another member is responsible for leading a group activity.

### 9. Bridge the Gap

Come up with three ways to improve communication in families. Try one out in your family.

### 10. Be Your Own Role Model

Role-play the situations below so that you can develop positive responses if they ever happen. Find out more about role-playing in "The Choice Is Yours" badge in the next chapter.

- You've been at every practice on time and have tried really hard. However, on the day of the big game, the coach does not allow you to play.
- Your friend is always whispering and sending you notes in class. Instead of scolding her, the teacher sends you to the principal.
- Your friend's pencil point breaks during a math test, and she leans over and asks to borrow a pencil from you. Then the teacher accuses you of cheating!

