

# Seventh Grade, Session 8

## Friendship Bill of Rights

Good friendships can help you go through the ups and downs of your life. You have the right to have good friendships and you have the responsibility to be a good friend.

### REMEMBER:

**Dignity** comes from the word *dignitas* in Latin and means “to be worthy.” Dignity is a given.

*It doesn’t change. It can’t be moved or taken away.*

**Respect** is earned. Respect is about admiring how someone shows up in the world. It’s about not only their position but how they treat people along the way as well.

### Describe how a **good friend** treats you when . . .

you’re hanging out on the weekend:

you see each other at school:

you’re not getting along:

### Describe how **you** treat a good friend when . . .

they’ve had a bad day:

you haven’t seen them in a long time:

you’re upset with them and friends are around: