

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch. 1: treasuring Friends	The character qualities of a good friend.	The virtues (character strengths) needed to develop and sustain friendships (loyalty, sincerity, openness, interest, understanding/ support, amiability)	To want to be a good friend	To look for virtues in potential and already-established friendships	Propose the students to try practicing the virtues in this story for one week and to observe how friendships improve or grow.	Unit I.- Making Friends
		Jealousy-the friendship killer	To strive to be a good and true friend			Ch. 1-7
		Evaluating friendships	To be able to discern when others are acting as good friends toward him or her.			To recognize that friendship is founded upon character strengths or virtues
Ch. 2. Possessive Friendship	Sharing friendships without jealousy or monopolizing.	A famous friendship	To value and give friendship out of respect and affection and to receive the same in return.	To behave as a good friend.	To learn to give more selflessly in one's relationships, especially in friendship at school.	To develop virtues that build friendships.
		Real friends are real heroes.	To be glad to receive and to give respect and affection in friendship.		To value the positive results.	
		Going the "extra mile"				
Ch. 3: The Birthday Party	Developing an analytical yet appreciative eye about friends.	Getting along	To value each friend for his or her own particular characteristics.	To enjoy a variety of friends with objectivity and respect.	To identify and appreciate the diversity among one's friends.	
		We're all human		To respect in daily life his or her friends' characteristics, being respectful and understanding	To identify and appreciate the similarities between all people and between good friendships.	
		Damón and Pitías				

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch. 4: Friends from afar	True friendship is generous, open, and friends share their friends with others.	The choice of friends	To realize that one cannot be the only friend his or her friends are going to have.	To use intelligence in calibrating the friends and friendships of one's friends	To be generous and giving toward their friends' friends	
	Friends we choose reveal who we are.	Sharing friends	To accept that each person will have different levels of friendship with different friends.	To enjoy the fact that one's friends have other friends.	To know who they like and why they like them	
		Degrees of friendship	To value his or her friends' friends as possible new friends and to be glad that the circle of friendships grows.		To try to make friends with good people, realizing their influence	
Ch 5: The Battle of the Sexes	Justice: base of friendship.	How to be fair in friendship.	To accept that certain standards support all friendships: loyalty, honesty, generosity, both in boys' and girls' friendships.	To behave fairly and respectfully to all, laying the foundation for friendship	To behave toward the opposite sex with fairness and respect.	
		How to be fair with friends of the same sex.	To value fairness as a basic characteristic of friendship			
		How to be fair with friends of the opposite sex.				
Ch. 6: The Birthday Bash	Constants and differences in opposite and same sex friendships	Different yet similar				
		The gift of difference-- difference brings joy, interest, and excitement	To value friendship with people of the opposite sex	To be capable of establishing friendship with those of the opposite sex	To treat the opposite sex with more appreciation and respect	
		The end purpose of the differences is harmony				

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
CH 7. Under Wraps	Respecting confidences as being different from gossip and inappropriate secrets	Seeing through secrets (discernment)	To value mutual trust and the loyalty and respect that characterize friendship	To respect confidences and avoid gossip and whispering in daily life	To be loyal and trustworthy in keeping confidences	
		The secret you should always tell			To be discerning about secrets	
		“Loose Lips Sink (Friend) Ships”				
Ch. 8: Making Up	Quarreling and making up	Conflict need not end a relationship	To realize the value of seeking and granting forgiveness in friendships	To take steps toward a more tolerant and flexible attitude toward friends	To take conflicts in stride	
		Mediators and making up		To be ready to apologize, make up, and forgive	When conflict occurs to look for potential mediators and ways to “make it up” to the other	
		Forgiveness			To strive to forgive, utilizing concepts and tools from this lesson	
Ch. 9. Friends in the Neighbourhood	Characteristics of cooperation in the neighborhood and community	“Do not protect yourself by a fence...”	To value those who share the community and want to be friends, supporting one another’s needs and interests	To act in a friendly way toward neighbors and townspeople, applying the principles of friendship in daily encounters	To be a better neighbor and a community-builder by being a friend to all	Unit II. Friendship all around
		Our debt to others			To do at least one good neighborhood deed per day	ch. 9-16
		Individual responsibility: It starts with “me.”				To understand that good relationships in the neighborhood, community, city, nation and world resemble friendships and are built on virtues.
						To understand the human need for close and positive relationships with friends and family.

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch. 10. Friendship in the City: Justice	Justice and doing right as the basis of all successful community living.	Defining justice as it applies to social life	To value justice and doing right.	To try to be a law-abiding citizen to the best of one's ability	To decide to behave with honesty and decency at home and school for one week.	
		Justice and honesty.	To see how lack of justice and wrongdoing affect everyone.		To show mercy in judgments of other people.	
		Justice and mercy.			To learn to forgive offenses and flaws.	
Ch 11. Friendship in the Nation: Democracy	Democracy and its workings; the need for respect and participation by all.	Of the people, by the people, for the people	To consider oneself a useful, active citizen	To develop aptitudes to participate equally with others	To be more aware of the political process, to learn how to participate civically in politics, and to participate as much as possible.	
		The importance of participation			To put into practice the idea that political disagreements within a country are disagreements between fellow patriots and friends.	
		Majority rule-respect for the opinions of others				
Ch 12. Friendship in the World: Peace	Justice and respect for other people leads to peaceful relationships.	Differences should not divide	To value everyday actions since these have an effect on the way the world functions, and therefore we should contribute good attitudes and actions	To make an effort to be fair and considerate of others and to speak out when others are not being fair	not to tolerate cruel teasing (some friendly teasing is natural), gossip, or bullying, either by you or by others.	
		Dealing with bullies				
		a. What can a victim do?				
		b. What can a witness do?				
		Hitler, an international bully				

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
		In someone else's shoes- empathy				
		Friends around the world (our debt to other cultures)				
Ch. 13: The Heart's Longing a Friend	The social nature of human beings and the virtues needed for healthy friendships.	A friend indeed	To value friendship as one of the best manifestations of this natural gregariousness	To act in such a way as to show friends how much they are valued	To decide during this week to ask their friends if they need help, if they're facing a problem or if they're unhappy about something.	
		Loneliness		To practice the virtues needed to form and maintain friendships	To decide to offer help once a day to their friends or to people who appear to be lonely or in need.	
		Solitude				
Ch. 14: My No. 1 Friends	Good, trusting communication with parents, in spite of the natural self-consciousness and conflicts at this age.	The family support system	To value parents as those in whom they can really have confidence	To show appreciation and love for parents	To express and practice appreciation toward parents on a daily basis	
		Family communication	To trust that parents are the ones to go to in case of distress		To communicate openly and honestly with parents	
			To treasure the good things about parents and to forgive actions or attitudes we cannot understand			
Ch. 15: More Than Friends	Respect and gratitude towards parents.	More than friends	To value the many things that parents are responsible for and grow in respect and gratitude, accepting some conflicts with them	To show gratitude, respect, and trust towards parents in daily life	Each time they have an argument with their parents, remember all they have given them	

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
		Relationship to authority in general projected from relationship with Parents			To be aware of their parents' care all the time.	
		Filial piety			To look for ways in which to respond to these observed care behaviors with gratitude, respect, and obedience.	
		A touch of the rebel				
Ch. 16. My Siblings, My Friends	We don't choose our siblings; they are a gift to us from God through our parents (we have known them since birth).	You can't choose your siblings	To accept that fighting with siblings is an exercise in futility	To try to cultivate an atmosphere of trust and friendship with siblings	To deliver the note of appreciation to their sibling or siblings.	
		Sibling rivalry	To value siblings as lifelong friends and allies		understand their relationships with them as lifelong benefits rather than temporary conveniences or inconveniences.	
		A support system second to none				
Ch. 17; Look before You Leap	Friends can help or hurt each other; promote one another's growth or corruption.	Choosing friends	To value the signs of real friendship and to want to base the choice of friends on these	To choose friends objectively based on legitimate criteria, without forming prejudices	To make friends based upon people's virtues.	Unit III: Belonging. Chs 17-21
		Tough Love			To strive to be a true friend to others, even when it means saying "No."	To distinguish the natural and healthy desire to belong and participate from constrained conformity to negative peer pressure.
		Cheating and Friendship				

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch. 18: Birds of a Feather	Real friends and false friends.	The desire to belong	To value as a "good friend" those who challenge the person to be better	To choose to keep company with those who have goals and guidelines	To "look before you leap" when choosing a group to belong to, as well as when choosing individual friends.	
		Negative peer pressure	To recognize that those who hold him or her back or who encourage negative attitudes or actions are not real friends. They may be treated with politeness, but they are not to be trusted.		To use learned refusal and exit skills when unexpectedly confronted with negative peer pressure.	
		Positive peer pressure				
Ch. 19: Confident and Right	Having good friends	Self-concept or self-image a. How good friends strengthen this b. How false friends tear this down	To value time shared with good friends.	To share with and understand good friends and to know when not to be part of a group.	To develop a positive view about themselves through reminding themselves of their virtues and capacities and how they feel with those who like, love, and support them.	
		Conscience	To value being respectful and friendly with all their friends accepting that not all acquaintances can share these times.		To be aware of the people who love them and take care of them. This should reinforce a positive view of themselves.	
		Friendship-the natural "high"			To analyze how they feel with different friends or groups of friends and to decide which are best to invest the most time in.	
Ch. 20: Getting Involved	The value of participating in good, clean fun	Bored and boring! The wet blanket	To feel integrated into daily situations and circumstances by a positive and creative attitude.	To be part of things through contributing and participating	To not be a "wet blanket" and spoil one's own and everyone else's good time by not participating.	
		You don't "have" a good time. You "make" a good time.	To accept that you don't "have" a good time. You "make" a good time.		To "make" a good time by contributing and participating.	
		You get what you give-and then some				

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch. 21: Peer Pressure	How a group of "friends" may be a negative thing.	How to walk away-literally!	To realize that pressures to be like others as a price of acceptance are not the stuff of real friendship	To be assertive, especially when pressured to do something against his/her better judgment	To search for good role models and begin to collect information about and emulate them.	
		Role models	To realize that his/her identity is unique and developing and must be safeguarded from the onslaughts of undue peer pressure		To pledge to stay away from gateway drugs.	
		Facts about "gateway drugs"			To trust more in one's own inner heart to determine what is "cool" and what isn't.	
		Insidious forms of peer pressure				
CH. 22. Fashion Fever	The courage to be who one is, regardless of peer pressure.	Slavery to fashion	To value the group as the space where everyone's individuality should be respected and encouraged	To naturally develop leadership skills	To be more tolerant of deviations from fashion and trends in oneself and in others.	Unit IV: My Friends and My Personality. Chs 22-26
		The rebel		To choose to be around groups that respect people's individuality	To not be afraid to be different if it means being more one's self.	To develop integrity and stand up firmly to negative peer pressure. To hold one's self and one's friends accountable to live up to their ideals and promises.
					To pay more attention to the real values, virtues and talents of friends than to the exterior appearance and clothes they wear.	
Ch. 23: The Odd One	The importance of finding a personal identity and a scale of values to act and live by.	When good people do nothing	To enjoy holding a particular viewpoint in spite of peer pressure to do otherwise	To maintain opinions and actions that may differ from the crowd's.	To be determined to stand out from the crowd when the crowd is doing nothing about an injustice or problem.	

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
		Someone has to start			To be less influenced by what everyone else thinks and more concerned about what they themselves think.	
Ch. 24: Standing Out	Knowing when to go against the crowd	Everyone is worthy of respect	To feel more reinforcement doing the right thing than achieving group approbation	To act objectively according to right and wrong; to not be confused by the pressure of others	To recognize all human beings as being worthy of respect	
		Integrity			To practice each day giving respect to the people one encounters in daily life.	
					To defend those who are different or suffer any psychological or physical problem if they are teased or mocked or stigmatized	
Ch 25: Word and Deed	Trust in a person's integrity is the basis of friendship and all good relationships	A person's word and words	To value trust as an indispensable element of friendship	To show trust toward close friends	To be more careful with the use of words in how they talk about others and what promises they make.	
		A person's deeds			To keep promises they make even if it entails sacrifice.	
		Integrity				
		Keeping promises				
Ch 26: The Big Deal	Boundaries must be respected, even in relationships with friends and family.	Elbowing your way in	To value others' boundaries, not taking advantage of a close relationship	To avoid "rushing in where angels fear to tread" even with friends and family	To respect their friends' wants, needs, and tastes.	
		Feedback			To be humble enough to receive feedback; and to be considerate when giving it.	

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch. 27: Metamorphosis	Introduction to puberty and the bodily changes as well as the psychological (emotions) and spiritual (mind) changes.	Lessons from nature	To value and accept his or her own growth and changes as a positive process of natural maturation.	To take the changes in one's self and in others as natural.	To treat the changes they and their classmates are going through with respect	Unit V: Expanding My World. Chs 27-30
		Respecting the self and others		To adapt to changes in daily life: hygiene, nutritional habits, clothes, etc		To understand that friendships and relationships take on new dimensions as puberty begins.
Ch: 28: One to One	The changes a girl goes through in the process of becoming a woman.	The changes puberty brings Chart A: Ages 10-16 Changes Puberty Brings About in Girls Chart B: Important Hormones	For girls: To value the changes in their bodies and the natural preparation for motherhood.			
		Emphasis on the "mind" side of things	For boys: To value and respect the changes in girls and the wonder of their future capacity to give life.	To respect the manifestations of the changes from girl to woman.	To treat the changes of puberty with respect for one's self and for others	
				To respect their bodies and to be sure others respect it also.	To refrain from any personal comments about other's development or the lack of it	
Ch 29: Between Friends	The changes a boy goes through in the process of becoming a man.	Bodily changes for boys	For the boys: to value the changes in their bodies and the natural preparation for fatherhood as a sign of maturity	To be responsibly open and communicative, especially with their parents, about the changes they are going through		
		Inner and outer maturity	For the girls: to value the changes in boys, especially their capacity to be fathers and to protect life and family	To respect boys' growth toward manhood	To treat one's own budding sexuality and that of others with respect	

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
		The fire analogy			To see boys as future husbands and fathers, even if they seem awkward and immature now	
		Friendship and sexuality			To strive for the inner maturity to match the outer maturity	
					To associate real manhood with being a responsible husband and father	
Ch 30: Just Right	Accepting differing rates of growth, change, and development.	Comparing one's self to others	To value his or her own pace and pattern of development	To cope with his or her changes and those of others without falling into negative comparisons	To look at their strong points rather than their weak points	
		Perspective-taking			To assert to themselves that many of their weak points may change over time, especially if they try hard	
		Positive tapes			To counteract negative "noise" in their minds with positive assertions	
					To expand their perspectives	
					Investing their time and effort in getting to know new people and showing their interest in friendship through calling, arranging get-togethers, and being amiable, supportive, loyal, and the other friendship virtues discussed earlier	
					To maintain old friendships with people they feel confident, safe, and happy with, and of whom their parents approve.	

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
Ch 31: The Gift	Healthy versus unhealthy attitudes about grooming and fashion.	Good grooming				Unit VI: Taking Care of Business. Chs 31-35
		Unhealthy attention to grooming	To value good grooming as an important lifelong habit	To groom in a healthy way, without being obsessive	To strive for better grooming habits as far as cleanliness and body care go.	To take care of the pre-teen body in the areas of hygiene, sports, eating, abstinence from destructive behaviors and substances, and to exercise prudent time management.
		Consumerism	To accept that some fashion trends are unhealthy and unwise		To look at fashion with an eye toward health rather than just what is the latest thing.	
		Thinking of others				
Ch 32: The Good Sport	The relationship between sports, exercise, nutrition, and good health.	Junk food				
		The benefits of exercise	To be willing to overcome the natural laziness and fatigue of adolescence in order to exercise	To find and invest him- or herself in a healthy sport or exercise	To participate in sports activities or some sort of exercise at least twice during the next week.	
		The benefits of sports				
Ch 33: Time and the One-Eyed Dragon	Time management and investment.	The Lecture	To become enthusiastic about activities, accruing knowledge, reading, researching, and dreaming about all the things he or she would like to do and be when grown up	To organize time for sports, reading, conversation with adults, visiting, and exploring	When feeling the urge to use electronics for entertainment, to pull out their lists of what they could be doing instead and do at least one of the activities before going to the electronics..	
		It's what you're not doing			To take steps toward pursuing a new hobby or interest.	

Alive to the World Book 7: Friends. Curriculum outline.

Chapter	Topic	Content	Activity objective - Accepting	Activity objective - Doing	Specific Resolutions	Comments
		Missed opportunities				
Ch 34: You Are What You Eat	The importance of good nutrition.	The foods you get	To want to eat properly	To choose foods well and learn to vary, discovering that nutritious foods can be delicious.	To work toward better nutrition at home and away from home	
		The foods you need			To help out busy mothers in the kitchen and to try to arrange schedules so that the family can eat healthily together	
		Eating disorders				
Ch 35: Schools Out	Addictive behaviors, smoking, drugs as substitutes for or bids for friendship.	Friends	To desire to stay away from addictive behaviors	To actively stand out against these behaviors	To make at least one new friend with whom they feel warm, safe, happy, and like they can be themselves with, and of whom their parents approve.	
		Addictive substances				