

Photo Friends

TOPIC Friends and transitions

RATIONALE As the high school years come to a close and adolescents transition to the next stage of their lives, they will undoubtedly be saying goodbye to some long-time friends. Preserving memories can be an important part of the transitioning process.

MATERIALS A disposable camera
Various colors of construction paper (10–12 sheets)
A glue stick
Fine-point markers
A pen
Wrapping paper scraps, glitter, buttons, yarn, or other art supplies
Several brass fasteners or a stapler

- PROCEDURE**
1. When adolescents are transitioning away from high school, it is quite likely that relationships with friends will be affected. For example, friends might be moving away from their hometowns to work or attend college or join the military. For many adolescents, this can be painful, especially if they have known these friends for many years. Encourage your client to talk about what the transition means to him relative to his relationships with his friends and discuss the fact that it is important to have some sort of closure in order to successfully complete this part of the transition.
 2. Suggest to the client that it might be helpful for him to make a short book that includes photos of his closest friends. Give him a disposable camera and request that he take pictures and bring them to the next session. (This project will most likely span several sessions.)
 3. When he brings his photos, invite him to talk about the pictures, elaborating on the importance of the relationship, how long he has known the friends in the pictures, and what he will miss most when he doesn't see them as frequently. Give him the construc-

tion paper and the art supplies and invite him to glue the photos on separate sheets on construction paper and decorate the sheets, either by adding a frame or drawing symbols or pictures that best characterize the relationship.

4. Either as he works or after he has completed one page, encourage discussion about what he values most about the relationship, struggles he may have had with the person, special memories, and so forth. Invite him to write short messages on each page. When all pages have been completed, fasten them together with brass fasteners or staples, making a short book that will help him preserve the memories.
5. Debrief by discussing what it was like for him to make the book and anything else about these special friendships he would like to share.