

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Focusing on Friendship

### How to be a good friend:

1. Be a good listener. Don't interrupt. Give supportive advice if asked.
2. Be honest and keep what your friends say private.
3. Be loyal. If you hear people talking about your friend, stand up for them.
4. Be supportive and offer advice as well as comments that let them know they are not to blame.
5. If you have a disagreement, be assertive not aggressive. Ask for what you want in a respectful way.
6. Be proactive. If you know someone who does not have many friends, reach out to them.
7. Introduce them to your friends and say nice things about them to other people.

### What are things that ruin friendships?

1. Exclusion. Purposefully leaving someone out or threatening to "not be their friend."
2. Gossip and Rumors. Spreading wrong or mean information.
3. Silent treatment. Signaling to the that "our friendship might be over."
4. Body Language- Such as eye rolling, noises, mean looks, and staring.
5. Verbal put-downs. Using sarcasm to be mean, teasing, calling someone a mean name. Using phrases after criticism such as "Can't you take a joke?" or "Just kidding"
6. Hurtful or mean texts, notes, or comments..

As a friend, these are the things I do well....

As a friend, these are the things I need to work on....

As a friend, these are the things that hurt my feelings the most...

