

# ALL ABOUT FRIENDSHIP

## WHAT DOES IT MEAN TO BE A GOOD FRIEND?

**Be a good listener.** Be interested in the things that are important to them, support them when they need help and be excited for them when something good happens.

**Be supportive and helpful.** Be there for your friends when they need you.

**Be loyal.** Friends stick together and stick up for each other even when it's hard.

**Be honest and trustworthy.** Tell the truth, don't talk badly about your friends, and be someone your friends can count on.

**THINK before you speak, text or post.** Is what you are saying, texting or posting true, helpful, inspiring, necessary and kind? If not, don't say it.

**Ask a trusted adult for help if needed.** Sometimes situations in a friendship or with a friend can feel like more than you can handle. Reach out and ask a trusted adult for help, support and advice.

## UPSTANDERS & LEADERS

Upstanders do what's right and go out of their way to help others. Leaders are confident, good listeners and aren't afraid to do what needs to be done. You may have been in a situation where someone you know is being harmed or bullied. It's important to remember that bullying can be stopped if we have a group of upstanders and leaders that do the right thing. Remember the 3D's – Direct, Distract, or Delegate – to help when someone is being mistreated.

## WHO'S ON YOUR DREAM TEAM?

Who do you look to when you need help? Who is on your dream team? Your parents, siblings and other family members? Maybe friends, coaches, teammates, teachers and other trusted adults in your life? Your dream team is made up of the people who are a positive influence in your life, who support and encourage you, and who you can turn to for help when needed. Think about the positive people you in your life. What qualities make these people positive role models? **Are they kind, hardworking, a good listener, have a positive mindset, make good choices?**

Here are some other words that might describe people on your dream team:

Caring	Honest	Dedicated	Smart	Nice	Encouraging	Enthusiastic
Persistent	Supportive	A leader	Loyal	Strong	Unique	Friendly
Funny	Trustworthy	Skillful	Thoughtful	Creative	Inquisitive	Patient
Brave	Helpful	Motivating	Fun	Determined	Resourceful	Grateful

## WHAT SHOULD YOU DO IF YOU HAVE A FRIENDSHIP PROBLEM?

All relationships have highs and lows and take work. If you have a problem in a friendship:

**Stay calm.** Being calm helps you to think more clearly and make decisions about what you want to say and do rather than just reacting. Take a few deep breaths to help calm down before trying to solve a problem.

**Talk about it.** Ask questions to try to understand the other person's point of view. Listen for understanding. If you feel that you aren't being understood, try to explain yourself and your feelings in a different way.

### PRO TIP

The people you surround yourself with can impact your attitude and outlook. Make wise choices not just in real life but online. Choose wisely who you "friend" and "follow" on social media.

### DIRECT

Intervene in the moment to prevent a problem from happening

### DISTRACT

Interrupt the situation without directly confronting anybody

### DELEGATE

Get help from someone who is better equipped to handle the situation



Barrington Committed is supported by a generous grant from the Barrington Junior Women's Club

