

# FRIENDSHIP

It is always great to make new friends and to get to know your classmates better. Making friends can sometimes be challenging and just like everything else, it takes practice. Here are some great tips on how to make friends and how to be a great friend in return.



## GETTING ALONG

Not everyone has the same interests, ideas, fashion style or sense of humour. If everyone in the world was exactly the same, it would be an extremely boring place! If people have different interests to you, you can still be friendly to them. It is much easier to be kind and pleasant than it is to be nasty or to tease someone. You can make friends that do have the same interests as you, and eventually groups of people will get together who do have similar interests. Even when you are an adult, you will find that people with things in common will be more likely to hang out together, but still get along with people from other groups.

## COMMUNICATION

Communication is very important between everyone, whether it's your friends, parents, teachers or even the lady at the shop! The secret to good communication is listening. Listen carefully to what is being said and ask questions if you don't understand. Think about your response before you speak. That way, you reduce the risk of saying something silly or hurtful or just plain wrong! While you are talking, make eye contact with the people you are speaking to. Never yell, even when you are really angry. People don't actually listen to what you are saying when you are yelling. All they hear is noise. The best way to talk if you are really mad is slightly quieter than your normal talking voice. That way, people have to listen carefully, and they actually hear what you are trying to tell them. Your body language also says a lot for you, without you saying a word.

## BE A GOOD FRIEND

Be there for your friends and don't let them down or go behind their back. Be trustworthy and keep secrets; nobody likes a gossip. If you hear gossip, don't spread it around. Most of it is not true and it is usually very hurtful. Just imagine if someone was saying stuff like that about you! Some of the friends you make at school will still be your friend in 20 years time. One day, far, far away, they may meet you after work for a coffee, they may be your bridesmaid, or they may still just be there for you when you need them. True friends are the best!

## BE YOURSELF!

Don't try to act differently or be someone that you are not. A true friend will like you just the way you are, not who you pretend to be. Likewise, don't encourage people to change themselves. If you don't like them for who they are, maybe it's best they find real friends that do. If you see someone on their own, go and say hi. You never know, they may just be shy and need a little encouragement. You could even end up BFFs once you get to know them!

Having real friends is one of the best things in life. Being popular and having real friends is not always the same thing. So what makes a good friend? A friend should make you feel comfortable and relaxed and you enjoy spending time together. A true friend will never make you feel dumb or nervous, or like you have to be someone you are not.

All friendships have limits. A friend would never ask you to do something you are not comfortable with. Some friendships just aren't healthy. If someone is being a user, a gossip or a betrayer, they are not your friend.



Friendships are not always easy. They sometimes take compromise, and disagreements have to be worked through. Just because you disagree with someone on one thing does not mean you cannot be friends. But some friendships do end. Some loose importance and slowly fade. Others will end suddenly due to a disagreement that cannot be worked through.



Here is a list of things that real friends do. Do you think you are a good friend? Tick off all the things you think you are to your friends. Would your friends say the same things about you?

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> talk           | <input type="checkbox"/> are equal       | <input type="checkbox"/> respect differences |
| <input type="checkbox"/> share          | <input type="checkbox"/> listen          | <input type="checkbox"/> show understanding  |
| <input type="checkbox"/> are respectful | <input type="checkbox"/> don't judge you | <input type="checkbox"/> help each other     |
| <input type="checkbox"/> are loyal      | <input type="checkbox"/> are honest      |  |

Choose three of these things and think of an example for each of them.

