

FRIENDSHIP

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FRIENDSHIP IS ABOUT



RESPECT » Friends value each other and consider each other's feelings. This includes being careful not to misuse information that has been shared in confidence, online or offline. (The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult.)

DIGNITY » Friends only ask each other to do things that they feel comfortable doing. Friends do not share each other's private feelings and thoughts with others.

HONESTY » Friends are truthful and sincere about what they say to each other.

TRUST » Friends can rely on each other to not share information that is said in confidence or say anything that would embarrass them. (The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult.)

This sheet is intended for students. It is important for children to learn how friends should treat each other. This sheet shows the difference between healthy and unhealthy friendships.

KINDNESS » Friends are helpful and thoughtful of each other.

CARING » Friends are concerned about each other.

LISTENING » Friends listen to each other.

ACCEPTANCE » Friends like each other for who they are, and do not make fun of one another.

TOLERANCE » Friends are patient with one another and understand that everybody makes mistakes.

HELPING » Friends help each other out when they are having a hard time.

LOYALTY » Friends stick up for each other and do not talk behind each other's back.

SHARING » Friends are able to share thoughts and feelings with each other.

BEING DEPENDABLE » Friends are there for each other when they say they will be.

ENJOYMENT » Friends enjoy spending time together

UNDERSTANDING » Friends try to understand the way each other feels and are thoughtful not to hurt each other's feelings.

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: What does friendship **look** like? **sound** like? **feel** like?



FRIENDSHIP IS NOT ABOUT

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THREATS » True friends don't threaten each other or threaten to hurt themselves or someone else.

REJECTION » True friends don't leave each other out — giving mean looks, whispering and making fun of each other.

PUT DOWNS » True friends don't yell at each other and call each other names (e.g., loser, ugly, fat, stupid, etc.), or embarrass each other (e.g., telling private information a friend shared [The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult]).

BEING BOSSY » True friends don't tell each other what to do and what not to do, who they can talk to and who their other friends can be.

VIOLENCE » True friends don't hit, push, pinch, scratch, slap or kick each other.

IGNORING » True friends don't ignore each other when they are trying to talk to each other.

RUMOURS » True friends don't spread rumours or lies about one another.

GUILT » True friends don't make each other feel bad about something in order to get what they want (e.g., "You had a friend over, and I was crying because you didn't invite me.").

FRIENDSHIP RESPONSIBILITIES

Friends are actively involved.

They stick up for each other, even if it means they may get laughed at or teased. They help each other when a friend is in a difficult situation.

They support and help one another.

Friends make mistakes.

Nobody is perfect. Friends make mistakes. When friends hurt each other's feelings, they do feel badly about it. It is okay to forgive friends for making mistakes, but if a person hurts your feelings a lot, it might not be a healthy friendship.

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: What does friendship not **look** like? **sound** like? **feel** like?

