

## ~ Friendship Skills ~

# A FRIENDS

## Acrostic

- F**riends are always nice to each other.
- R**espect your friends and they'll respect you.
- I** like friends a lot.
- E**ncourage one another to be good.
- N**ice people are usually good people to be your friends.
- D**eserting your friends is very unkind.
- S**ticking up for one another is what good friends do.



## What is friendship?

- Spending time together.
- Sharing ideas and treats.
- Having fun.
- Respecting each other's differences.
- Loyalty, sticking up for each other.
- Caring for each other's safety and wellbeing.
- Both of you working on the skills to keep your friendship going.

## Friendship: An Invaluable Gift

This month we are focusing on friendship. We all know how valuable it is to have a good friend, someone you can count on to talk to, help you, and care about you through thick and thin. For some students, making friendships can be tough, so it's important to talk with your children about the qualities of a good friend, so they can make positive friendship choices throughout their life. Navigating the ups and downs of friendship is a part of life, and having an open dialogue with your kids about friendships is a way to provide support.



# How to Be a Friend!

- **Talk** - be interesting, keep up with what's going on around you, (TV, sports, music, shared interests) so that you have something to talk about.
- **Share** the conversation, so that you each get a chance to be listeners and talkers.
- **Listen** to what your friends are saying and ask questions about it.
- **Praise** your friends when they do something well.
- **Use your manners** - say please and thank you. Friends like to be pleasant to each other.
- Think of yourself as being a friendly person, **look friendly and be friendly** - and others will find you friendly.
- **Be helpful** - do things for your friends without keeping a score on who's done the most favors.



I like my friend  
because shes kind



- **Give back** things you have used or borrowed from each other (this is a good idea for brothers and sisters, too).
- **Be aware of others' feelings** - think before you speak. (Sometimes it is a good idea to keep your thoughts to yourself rather than upset people's feelings.)
- **Handle conflict** - by being clear about what you want and how you will compromise.
- **Share your time** with other friends.
- **Be honest** about your feelings, eg. "I don't think this is a good idea because..." But don't always try to be the leader - try out other people's ideas.
- **Try to understand** people by thinking about things from their point of view.
- **Don't argue** and get upset if your friend doesn't agree with you about something. That's O.K. She has the right to an opinion too!



## Things you should try not to do:

- **Don't brag** about what you've got or done.
- **No put downs** - you wouldn't like it if someone did this to you.

**Be Respectful**

**Be Responsible**

**Be a Problem solver**

**Be safe**

- **No prejudice** - don't make comments about country, color, religion or physical appearance. "If you can't find anything nice to say about someone, say nothing," is a good motto for everybody.



- **Don't take over** - let others tell their own jokes and news.
- **Don't fight** your friends' battles. You can support your friends by helping them to deal with their problems:
  - Be a good listener



- Help them to stay safe.
- Encourage them to try.
- Be there when they need you to be.
- Help them to make good choices.
- Encourage them to look for help from trusted adults.
- **Don't talk about them** without their permission.



You are a **unique** (only one like you) person with lots of different sides to your character, so you can have different friends who share your different interests (such as friends at school, in your neighborhood, in sport clubs, at church).

It's good to have a best friend but it's good to have other friends too.