

## Friendship Skills

### Tips:

1. Make sure to spend time with a variety of people and get to know them.
2. Avoid games like: Name one good and one bad thing about each person. Stick to just the good.
3. If you have a problem with a friend, talk to them privately and be specific. Saying they are "Annoying" doesn't count.
4. Be very careful how you choose your words. Always think how it would feel if you heard those words aimed at you.
5. If you see/hear someone being mean, pull that person aside and tell them that wasn't cool, or that was hurtful to someone. Bystanders are powerful.
6. Do not do what someone says just to please them. Work on your personal strength.
7. Be able to look at yourself in the mirror at night and know that you were the best friend you could be, even to yourself!