

What makes a good friend?



What makes a good
friend?

Brainstorm as many
characteristics as you can think
of that makes someone a good
friend...

Here are some characteristics you might have thought and some you

Reliable

didn't ...

Good listener

Nice

Encouraging

Understanding

Generous

Positive

Welcoming

Non-

judgmental

Out-going

Selfless

Supportive

Kind

Thoughtful

Now, I want you to think
about the question below...

Are you a good friend?

Take out a sheet of
paper and number it
1-10. Answer the
questions honestly 😊

Are you a good listener or
is every conversation about
you?

#1

Do you gossip or talk about
other girls... your friends?

#2

Do you get upset when your
friend does not agree with
you?

#3

Do you judge other girls by
how they look or what they
wear?

#4

Would you be willing to hang out with your friend rather than go to a cool party that she was not invited to?

#5

Have you ever betrayed a
friend?

#6

Are you reliable? Think:
when a friend needs you,
are you there?

#7

Would you stick up for a friend if it meant you had to go against the group?

#8

Are you selfish? Think: do
you always have to have
things your way?

#9

Would you want to be your
friend?

#10

Being friends through thick and thin is no small feat. Make your friendships deeper and stronger with this list of friendship tips for teens -- or "friendship rules" -- from Teen Advice.

Pay attention to the "friendship rules and tips" and figure out where you need to improve to become a better friend.

Tip 1:

Be the Friend You Want



- Here's a tip, be a good friend to have a good friend. If your girlfriends aren't calling anymore, maybe you have developed bad friendship behaviors.
- You are demanding. You only talk about yourself. You take advantage of your girlfriends.



Tip 2: Be Yourself



- It may seem like a no-brainer, but a lot of teens struggle not to lose their identity once they become part of a group of friends. Even though who you are is always changing, some aspects of your personality will stay pretty much the same. Figure out what those things are and think hard about who you want to be, then present yourself honestly to the people you hang out with.
- Sometimes you're going to disagree or not be the most popular member of the group. However, you will always feel you've been true to yourself -- and that you haven't become somebody else's clone.

Tip 3: Return the Favor

- There are times when a friend will lend you a jacket, a textbook or a shoulder to cry on. A good friend will pick you up when you're stuck in a rainstorm and listen patiently when you share a problem with them. Be sure that you're equally as generous with your time, your emotions and your possessions. People will take notice, and it's something to feel good about.



Tip 4: *Make Time for Friends*



- Plan a spend the night party.
- Save them a seat at the table.
- Call them back.
- Write them a note or color them a picture.

Tip 5: Defend Your Friends

- At some point, somebody you're not tight with is going to question the integrity of one of your friends. It's important to find out both sides of the story in a situation like this, but it's also a good chance to show your friend that you have faith in them by standing up for their reputation.

Be respectful of the other person's criticism but emphasize that your friend is a good person who deserves respect, even when they make mistakes.





Tip 6: Protect Your Friends



- When a friend of yours is making not-so-great decisions -- whether it's about drugs, alcohol, studying or dating -- do your best to look out for them. This doesn't mean telling them what to do constantly, but you can offer gentle advice and guidance from time to time.
- If you give advice in a caring way that shows you value your friend and respect their feelings and wishes, they're much more likely to pay attention. Chances are, what you think means a lot to them, and you can be a good influence.

Tip 7:

Be Careful About Boyfriends and Girlfriends

- It's a good rule of thumb to stay away from dating the exes of your friends. It's an even better rule to avoid dating the people your friends have crushes on - or people who have turned down your friends for dates. Even if your friend gives you the go-ahead, do not get involved with someone who broke their heart or betrayed their confidence.



Tip 8:

Reconciling Disagreements

- There will come a time when you and your gal pal will disagree. It could be a small issue, like where to go for lunch, or it could be major, like childrearing practices. But disagreements don't have to mean the end of a friendship.
 - Agree to disagree.
 - Just let it go.
 - Put yourself in her shoes.
 - Set boundaries.



Tip 9: Avoid Gossip



- Friends don't spread rumors about other friends -- even within their own group. If you've heard something shocking about someone you're friends with, find a considerate way of asking them about it personally.
- If you're not sure how to talk to them about it, seek the advice of one other trusted friend, but don't let the discussion turn into a free-for-all about everything you don't like about the person. You certainly wouldn't be happy if someone did that to you, so set a good example for others -- and for yourself.



Tip 10:

Quality Friendships Can Last a Lifetime



- Keeping your gal pals doesn't have to be hard. Showing respect for your girlfriends by making their friendship your priority is a start. Friendships with your gal pals take effort. Making a pact to discuss and follow these friendship rules is one way to a lifelong friendship.

Now, take a minute to write
down what you think you
need to work on to become
a better friend?



The End



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