

Characteristics of a Good Friend

- ❖ Respectful
- ❖ Trustworthy and honest
- ❖ Accepting – doesn't put you down
- ❖ Dependable and reliable, there for you when times are hard
- ❖ Lifts your spirits, encourages and gets excited for you when you do succeed.
- ❖ There is a balance in the relationship – give and take, has time for the relationship.
- ❖ Fun to be with – has a good sense of humor.
- ❖ Listens to your problems and secrets (and keeps them secret).
- ❖ Offers help when you need it.
- ❖ Doesn't try to hurt your feelings.
- ❖ Understands what you are going through in hard times.
- ❖ Will stick up for you when others try to put you down, or tells lies about you, etc.
- ❖ Stops you from doing stupid things.
- ❖ Doesn't try to get you to do things that might be harmful to you or others.
- ❖ Does not use drugs and doesn't pressure you to either.

Spring Grove Wellness: Children's Relationships