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- Did you know...

#### You can be your own best friend.

Sound weird?  
Think about it.  
Who are you with all the time?  
Yourself!  
So, take some time to really get to know yourself.

#### Start by asking yourself some questions:

Am I a friendly person?  
Am I a positive person who looks forward to each day?  
Am I a good listener?  
What am I good at?  
What do I like to do in my spare time?  
What do I like about myself?  
What am I proud of about myself?



# Salk Friendship News

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## Who Am I?

You are **UNIQUE** (only one like you) with lots of different sides to your character. **If you like your unique self**, others will probably like you too! If someone doesn't like you don't worry- we can't expect everyone to like us! After all, you don't like everyone either, do you?

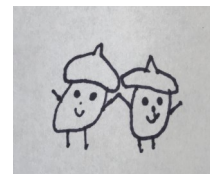
You can show what a nice person you are by always being pleasant and good mannered- even to people you don't like.

Since you are **UNIQUE**, you can have different friends who share your different interests: friends at school, on your block, in sports, in clubs, at church, in your family...

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

## What is Friendship?

In a nutshell, friendship is...



- Spending time together
- Sharing ideas and experiences
- Having fun together
- Respecting each other's differences
- Loyalty- sticking together & sticking up for each other
- Caring for each other's safety and well-being
- Both friends working to keep your friendship going

## What Makes a GOOD Friend?

- Having equal shares, not one always being the leader and the other following
- Having lots of fun together
- Both of you working at keeping the friendship
- Giving each other some space as needed
- Even best friends need some time to be alone or with other friends, so don't try to 'own' each other.
- Respecting each other's differences
- Feeling safe talking to each other about your feelings and problems
- Trusting each other and looking out for each other
- Not sharing their personal stories. (If your friend tells you that he or she is 'unsafe', tell a trusted adult.)

*Most adults would think themselves really lucky to have one true friend - someone they can trust and rely on for their help and support when they need it. Real friendship lasts through good times and bad times.*

## FRIENDSHIP SKILLS



Try your best to always:

Talk to each other! COMMUNICATION IS KEY!!

- Keep up with what's going on around you: TV, sports, music, and/or shared interests
- 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

Praise your friends when they do something well

Use your manners - say please and thank you. Friends should 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 has done the most favors. Do nice things because you enjoy it, not because you expect anything in return

Return things you have used or borrowed from each other (this is a good idea for brothers and sisters, too)

Share your time with other friends. Remember: Good friends can hang out with other people sometimes and still be friends

Be aware of others' feelings - think before you speak

- Handle conflict - by being clear about how you feel, what you want/need, and how you will compromise
- Don't argue and get upset if your friend doesn't agree with you about something. That's O.K. She/he has the right to an opinion too.
- Be honest about your feelings: "I don't think this is a good idea because..." But don't always insist on being the leader - try out your friend's ideas some of the time
- Try to understand friends by thinking about things from their point of view



### Have a Friendship Question?

Not sure what to do or who to ask? Stop in the Guidance and Counseling Office and ask to see your School Counselor!