



# WHAT MAKES A GOOD FRIEND?



A good friend brings out the best in you and is there for you, whatever happens.

## What does a good friend look like?

Friends can come in many forms: they can be young or old, or might even be an animal like a pet. A good human friend:

**A**lways brings out the best in you

**G**enerally keeps your secrets, unless they affect your safety

**O**ften shares your interests

**O**ften shares your feelings, and always understands you

**D**efends you and sticks up for you - even when others don't

**F**orgives you if you make mistakes or do something silly that hurts them

**R**egularly shares with you: toys, thoughts, fun, limelight ... everything

**I**ncludes you in whatever they're doing

**E**ncourages you and isn't jealous of you

**N**ever lets you down

**D**oesn't try to control you, but tells you when you're doing something stupid



They may not do all these things all the time; but they'll do many of them most of the time.



## Being friends and having friends

We can be a friend to others as well as having friends ourselves. People often say:

**The best way to have a friend, is to be one.**

We can also be a good friend to ourselves by taking time to look after our body and mind.

## What about when friends fight or move on?

Friendships can change over time, like any relationship. And friends can argue and make up. Everyone feels left out by their friends – even their besties – from time to time. Sometimes it's because we've done something silly or hurtful to them, perhaps without even realising it. Sometimes it's because our friends are people just like us and make mistakes – just like we do. Sometimes we just don't "click" anymore because one or other of us has changed.

If we've upset our friends we need to say sorry to them. If they try to make up for something that they've done to upset us we should accept their apology and move on.



**“Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”**

Oprah Winfrey

## USEFUL LINKS

“How can I make friends?”, “Loving Ourselves: Self-love and Self-Compassion”, Life Education factsheets.

“I’ll be There for You”: by The Rembrandts. Retrieved from: <https://www.youtube.com/watch?v=l-9pLZQ4vu0> 6 December 2017.

“Friends will be Friends”: by Queen. Retrieved from: <https://www.youtube.com/watch?v=DAQ4sJZ5lsU> 11 December.

“Friends Forever”: from Bear in the Big Blue House. Retrieved from: [https://www.youtube.com/watch?v=OxIVecJEH\\_k](https://www.youtube.com/watch?v=OxIVecJEH_k) 7 December 2017

“You’ve got a Friend in Me”: cover from Toy Story. [https://www.youtube.com/watch?v=z1YOJ\\_hSs0o](https://www.youtube.com/watch?v=z1YOJ_hSs0o) Retrieved from: 7 December 2017.



## REFERENCES

Women and Children’s Health Network, 13 October 2016. “Friendship”. Retrieved from: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=286&id=1636> 5 December 2017.

Women and Children’s Health Network, 15 February 2016. “Shyness – Are you Shy”. Retrieved from: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=2285> 5 December 2017.