

# How to be a **GOOD** friend!

## Be supportive!

1

Be there for your friend whenever they may need you. A good friend provides support when someone is feeling sad, happy, or any other emotion. Be excited for your friend when something good happens, and be there to help them cope when they're sad or anxious. You can also be supportive by attending events that are special to them.

## Listen and check in!

2

Good friends listen to each other! Instead of making the conversation all about you, ask your friend how they are feeling or what they have going on in their life. Remember to also check in with them often. This lets them know that you've listened and care about what they've told you. If your friend mentioned that they were feeling nervous about a test, later in the day, you should check in and ask them how it went.

## Talk kindly about them!

3

Whenever you're talking to someone else about your friend, make sure that you are saying nice and positive things about them. If someone is saying mean things about your friend, you can stand up for them or remove yourself from the conversation.



## Be honest with them!

4

If there is something that your friend is doing that is bothering you, be honest with them about how you feel. Lying to a friend can ruin the relationship. Good friends should be able to tell each other how they truly feel. Your friend may not like what you have to say in the moment, but they will appreciate that you told them the truth.

## Stay connected!

5

Keep in touch with your friend. Make plans to hang out and do fun things together often. Try to find things that you both enjoy doing. Whenever you're not together, you can still find other ways to communicate and stay connected. Staying in touch with a good friend helps to grow the friendship. Remember that friends also need time apart sometimes, so be sure to respect your friend's need for space.

**Treat your friend how you would want to be treated!**



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