



## Aine – What is a Good Friend?

### Transcript

**Aine:** Hi, my name is Aine. I am 29. I will be 30 in August. I graduated from the Steps Forward program at UBC. I made friends in this program.

A good friend is someone you trust, who is always there for you, that you can count on and depend on and someone you can talk to. Friends are important because they're needed in your life, just as much as you are.

You need someone at your side and someone to spend time with you--someone to have a strong and healthy relationship with you. Because you depend and rely and trust them, and you need to respect them, understanding even their friendship.

If you're interested in looking for a friend, this is the message that I have: Find out what their interests and hobbies are. Find something in common that you have with this person.

Find out if they are trustworthy and reliable, and ask what kind of things can you do together. What sorts of things do you have in common with this friend? Would you consider this friend a friend? And the last thing: Is this friend there for you, and does this friend respect you and the choices you make?

