



## Is this a Good Friendship?

### Questions to Ask Yourself about Your Friendship

*Talk about these questions with someone you trust. If you don't understand what some of these things mean, ask! Maybe act out (role play) some of these situations with someone you trust. Get them to help you do this.*

For example: Act out a friendship where one person makes all the effort to stay in touch. Try playing both people: the person making the effort and the person who is not. Think about how this would make you feel.

1. Do we both make an effort to stay in touch? Does one of us always do the calling or do all the work to plan get-togethers?

Maybe your friend is not able to contact you. Then ask, Is there some other way that I can know if they really value my call and my friendship? OR if I am not able to call, how do I show my friend that I value their friendship?

2. Do we each get to choose activities to do together? Or does one of us always get to pick what we do?
3. After I have spent time with this friend, do I feel good? Do I feel happy? Have I enjoyed myself?
4. Does this friend gossip? Do they spread stories about other people? If so, they might do the same to you. You probably do not want them as a friend.
5. Does this friend behave badly when we are out? Are they rude? Do they throw temper tantrums? Do I feel like I can talk to them about how they behave? Are they willing to try to change?
6. Does this friend expect me to pay all the time? Do we share the cost of our activities?

7. Does this friend ask me to do things that are against the law? For instance, to steal things or to take drugs--or to help them do something that is against the law.

If so, they are not a good friend. You need to end this friendship. Ask for help from someone you trust.

8. Has this friend ever been violent? This could mean a few things.
- They could be violent with words. This includes swearing and name-calling.
  - They could be physically violent. This means doing anything to your body that you don't want.

If so, this is a dangerous relationship. You should end this friendship right away. Talk to someone about it.

*\*Go to the section called 'Bullying' for other important questions to ask yourself.*