



Qualities of Friendship

What makes a good friend?

- *Common Interests*: liking the same activities
- *Caring*: being kind, considerate, concerned about other's well-being
 - o Not asking you to do something harmful or wrong
- *Empathy*: Identifying with how someone else feels
- *Respect*: accepting other's opinions even if you don't agree
- *Dependability*: keeping promises, being able to count on someone
- *Forgiveness*: don't hold a grudge
- *Reciprocity*: both people have to give and receive equally in a relationship



Making Friends

How can you start a conversation with someone new?



- Show an interest in the other person ie. Ask them something about themselves

Give an example of this:



- Make sure to listen as well as talk
- Ask open ended questions that require more than a yes or no answer
- Pay attention to what the other person is saying so you can give them feedback
- Avoid personal or controversial topics, wait till you get to know them better

Give an example of a personal topic you wouldn't share with a new acquaintance



Give an example of a controversial topic you wouldn't share with a new acquaintance





Handling Rejection

- Obviously not everyone will want to be your friend
- Just focus on those who do want friendship
- Make sure to pick friends who like you for whom you are

Diversity in Friendships

- Branch out and meet people who may not look or act exactly like you
- It's normal to have friends of all ages both boys and girls

Strengthening Friendships

- Having a friend takes work. You must make time for them and communicate often
- Be honest with your friends
- If you can't trust a person to keep you secrets, they are not your friend



Changes in Friendships

- It is normal for relationships to change within friendships
- Friends may get stronger or drift apart
- You must make the effort if you want to keep your friends, especially when you live away from each other such as during college
- It's part of life to lose some friends and then make new ones



Do you still have friends from when you were very young?
How did you meet those friends?



Peer Relationship Problems

Clique- a small exclusive group that restricts who can join

- Give members a sense of security
- May pressure their members to be mean to others who are not in clique or who they don't approve of
- Are a sign of immaturity
- May make members do bad things they would not do on their own



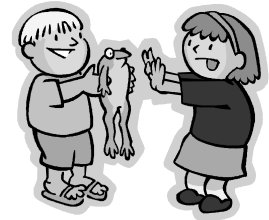
Describe a clique that you know of or have seen at RLHS. Do they all look or dress the same? How do they act so that people know they are in a clique?



Are cliques good or bad? Why do you think so?



Have you ever seen adults in a clique? Why were they or weren't they in a clique?



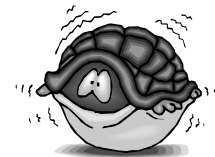
Gangs- a harmful type of clique

- They promote hatred of certain people
- Often engage in antisocial, illegal behavior
- Cause members to lose their own sense of identity

Teasing and Harassment

- Joking around in a teasing manner is ok
- Teasing someone relentlessly with the intent to hurt, irritate, anger, or embarrass someone is wrong

Harassment: persistent hostile behavior directed at a specific person



Bullies: Those who seek power and attention by being intentionally cruel

- May be by hitting, kicking, taunting, or intimidation

Sexual Harassment: harassment of a sexual behavior

- Sexual remarks,
 - gestures, touching,
 - sexual name calling,
 - telling sexual jokes,
 - making comments about a person's body,
 - spreading sexual rumors,
 - showing someone pornographic material,
 - pressuring someone for sexual activity
- You **must** tell someone if any of these things are happening to you **it is not acceptable**

