

# MAKING NEW FRIENDS

SHOW YOU'RE **GENUINELY** INTERESTED

**FIND THINGS** IN COMMON

BE A GOOD LISTENER BE THE FRIEND YOU WOULD WANT TO HAVE

they like doing.

Share what you enjoy doing, taste in music TV shows, hobbies, places you've been or your interests.

Encourage others to talk. Ask questions and really listen to what they say. Try not to do all the talking.

What do you think makes a good friend? What would make you want to be friends with someone?

# KEEPING FRIENDSHIPS

### KEEP THE BALANCE

Put as much into the friendship as you're taking. Listen as well as talk, support as well as ask for it, take turns doing things for each other, and make decisions together.

### HAVE SOME FUN

Find opportunities to enjoy yourselves together, doing things that are positive and good for your mental and physical health.

### BE RELIABLE

Do what you say you're going to do. People don't like to be let down. If you're not able to follow through on a promise, explain, apologise and repair.

## HAVE THEIR BACK

If your friend needs you, be there for them. This could be if they're feeling sad or upset, or if they're having problems.

## BE TRUSTWORTHY

Keep what your friends share as private, unless you are worried for their safety or wellbeing. If you break trust, work hard to repair it.

### RESPECT OPINIONS

Respect your friends' opinions, beliefs or feelings. Accept their view of the world. It may be different to yours but that doesn't make it wrong.

# PATCHING UP FRIENDSHIPS



Find out what the problem is or what has upset them. Listen without interrupting. Don't argue the point or disagree. Let them speak.



Be willing to compromise. It's not reasonable to get everything you want at your friend's expense. For example, "...maybe we could take turns."



Sav how their action affects or affected you, for instance, "when you [...], it made me feel [...]". **How** you say something is as important as what you say.





Say what you want to happen or change and be reasonable and realistic. For instance, "I'd like it if you let me choose what we do more often."



Plan to do something together once you've patched things up, to show you really want to be friend again.

# FRIENDS DO NOT...

## TALK BEHIND YOUR BACK

Friends do not talk behind your back or share your secrets with others.

## PRESSURE YOU

Friends do not pressure vou into doing things you don't want to do or force you to make bad decisions.

### JUDGE YOU

Friends do not constantly judge, question or make you feel bad about yourself.

## ABANDON YOU

Friends do not abandon you when you need support or advice. And they don't walk away when you're in trouble.

## TAKE ADVANTAGE

Friends do not take advantage of you, or only talk or hang out with you when they want something.

If any of your friends do any of these things, they're not displaying good friendship qualities. You may need to ask them to change or consider finding other friends to spend time with.

For information about who you can talk to if you're worried about anything, visit; vouthadventuretrust.org.uk/young-people/help-hub time; vouthadventuretrust.org.uk/contact-us

You can also talk to a member of YAT staff any

# CONVERSATION STARTERS

Here are some fun ways to start a conversation. You can use these ideas to inspire your own.

#### **WOULD YOU RATHER...**

- Sneeze glitter or cough bubbles?
- Always skip everywhere or always walk everywhere backwards?
- See the future or change the past?
- Talk to animals or be an animal?

#### TWO TRUTHS AND A LIE...

Think of two things that are true about you and one lie. Make the lie believeable and the truths unusual.

The other person must guess which is the lie. Then swap and play again.

#### **DECISIONS - DECISIONS**

- Swimming pool or the sea?
- Roast dinner or fish and chips?
- Dog or cat? Popcorn or pick 'n' mix?
- Which two foods, when put together would be horrible? (Ketchup & banana)

#### **RANDOM STARTERS**

- What's your favourite band / artist?
- What would you do if you won the lottery?
- What would your dream holiday be like?
- If you could have any skill immediately, without practise, what would it be?



# GOOD QUALITY CONVERSATION

