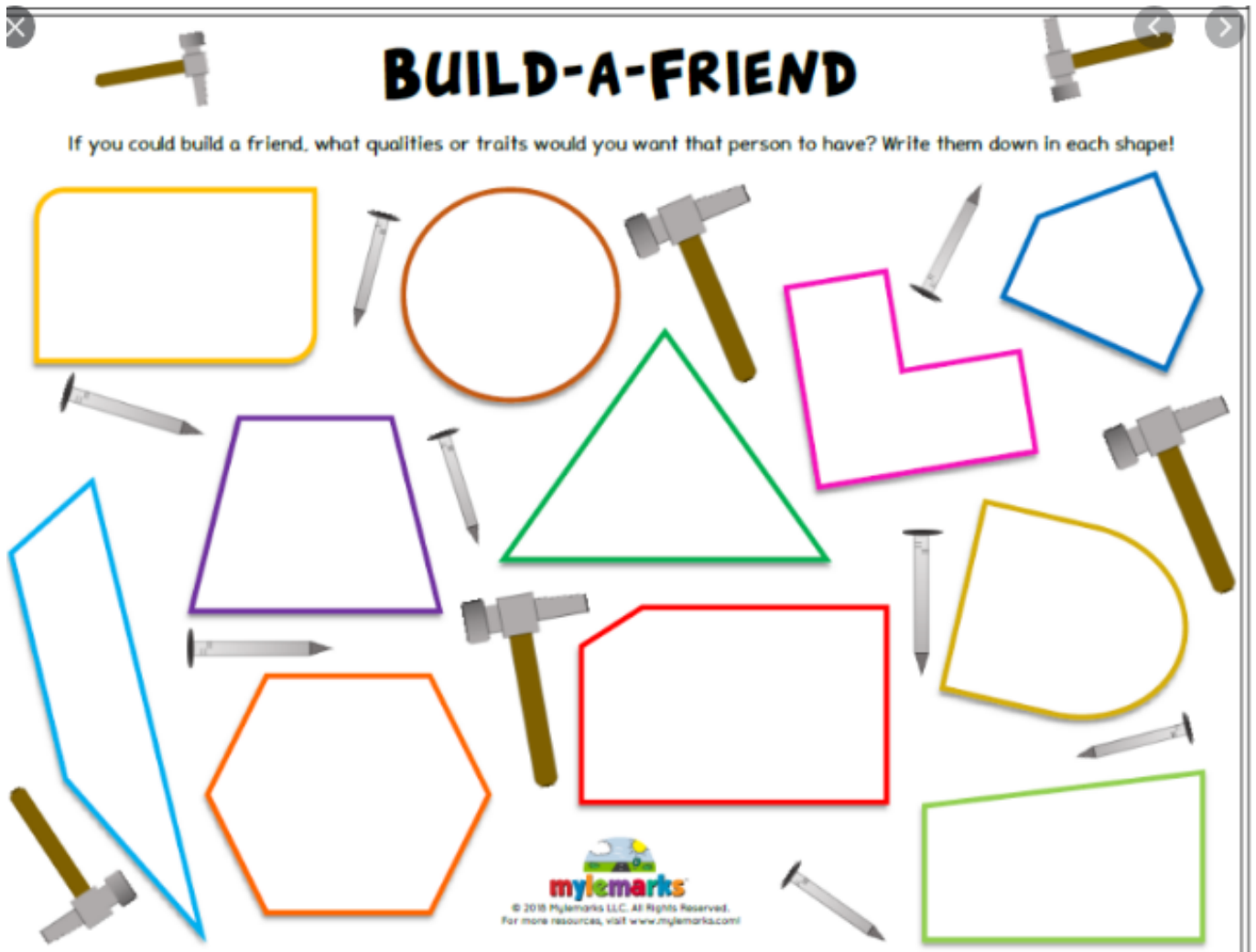


Life Skills (Children) Week #6: Having Healthy Relationships

Two of the biggest relationships children have are with their parents/family and their friends. Friends we pick so with that in mind, what kind of friends do we want? Do we want to hang out with people who make fun of you or talk bad about you behind your back? What about people who are supportive and helpful? Let's Build a friend.



Do you think it is possible to have that perfect friend you just created? Maybe. Remember, we cannot change people so even if it's not perfect they should have many of the traits and qualities that you value so it will remain a healthy relationship.

Do friends sometimes argue? Certainly! Not everyone is going to agree with you 100% of the time. Does that mean you can't stay friends? Not necessarily. Check out the handout, "Fair Fighting Rules" for more information on this topic.

Need to make friends or want more friends? Check this out!

HOW TO MAKE FRIENDS!

Making friends can be hard! Use these tips to help make things easier.



1. Be yourself!

You want to have friends who accept you just the way you are. Never pretend to be something you're not! If there are things that you don't enjoy doing be honest at the start.

2. Join a club or team!

One of the best ways to make new friends is by joining a club or team. Try to find an activity or sport that you are interested in, and see if your school or community has any clubs or teams you can join.

3. Check your social skills!

Our social skills determine whether people want to be around us or not. Do you need to improve your social skills? Ask an adult or somebody close to you for honest feedback about changes you might need to make.

4. Stay positive!

It might take a while to find friends, but don't give up! Remember that you have a lot of positive things to offer to others. Just keep making an effort and the right friends will come along!