

HEALTHY FRIENDSHIPS

Having healthy friendships means you have good friends whom you can rely on when you need someone there for you. Friends are there to support you when you are going through tough times, but of course, one of the best parts of having a solid social network is the joy you get in spending time with your best pals. Kindness, confidence, and even your mental health are improved when you maintain positive relationships. When forming and maintaining friendships, be cautious and aware of negative behaviors.

Friendships bring you happiness while providing you with a sense of belonging and acceptance. While not everyone clicks, you should always have kindness at the front of your mind and actions. Work on maintaining healthy friendships just like all relationships so that you can add richness to your life both in and out of school. Friends make life a whole lot brighter!

Application: Check to see if you can identify your boundaries when it comes to friendships. List your boundary and then explain what you can do when you find yourself faced with the situation. An example has been done for you.

BOUNDARY	ACTION
Gossiping behind my back	Confront the person assertively and explain this is something I cannot tolerate in a friendship. Wish them the best and remain polite when interacting with them in the future.