



Friendship Checklist

Knowing what makes a good friend is a great way to understand the qualities and behaviours that contribute to a strong and healthy friendship. Here's a checklist to help you recognise what a good friend is:

A Good Friend:

- Listens Actively:** A good friend pays attention when you talk and genuinely listens to what you have to say.
- Is Trustworthy:** You can confide in a good friend without worrying that your secrets will be shared with others.
- Shows Empathy:** A good friend understands and cares about your feelings, even if they don't share the same perspective.
- Is Supportive:** They encourage you and offer help when you need it, whether it's with schoolwork, a problem, or a personal challenge.
- Respects Differences:** A good friend appreciates your uniqueness and respects your opinions, even if they differ from their own.
- Is Kind and Thoughtful:** They do kind things for you and show consideration for your well-being.
- Apologises and Forgives:** A good friend knows how to say sorry when they're wrong, and they're forgiving when you make mistakes.
- Stays Honest:** They are truthful and don't lie to you, even when the truth might be difficult to hear.
- Shares Common Interests:** Having shared hobbies or interests can strengthen a friendship by providing activities to enjoy together.

