



**YOUTH  
FOR CHRIST**

# HOW TO HELP: FRIENDSHIPS

It's good to be there for your friends when they are having a tough time or need someone to talk to. Sometimes though it might be a good idea to involve other support like a teacher, parent or youth worker. No one can promise help every hour of every day.

Who is a trusted adult you could point friends towards?



Although hard, it's normal for friendships to drift and change over time...

Similarities with friends

Everyone is unique and will like different things. Our friends won't always have the same hobbies and/or interests. In fact, life can be a lot more interesting if we don't all do the same stuff.

A good friend will encourage you rather than making you feel bad for liking a different sports team, music artist or TV show. A good friend understands that sometimes you do your own thing and enjoys doing the things you have in common together.

Differences with friends

WHAT ARE SOME QUALITIES THAT YOU ADMIRE IN A FRIEND?

Here's some advice about friendship from the Bible:

"Here's something that's really important; love each other deeply, offer to look after one another without grumbling. Each of you should use whatever gift you have to serve others." 1 Peter 4v7-10 (a mix of versions!)

Or you've got Luke 6v31... "do to others as you would have them do to you." In our friendships if we think about the qualities we would like in friends and how we would like to be treated, then we should try to treat others in the same way.

# ENCOURAGE

Good friends celebrate each others achievements. In the bunting, write down things that are great about some of your friends.

A good friend gives you space to talk and will be interested in what you have to say. They wouldn't keep interrupting or ignoring you.

Do your friends do this for you? Do you do this for your friends?

**LISTENING**

# FUN

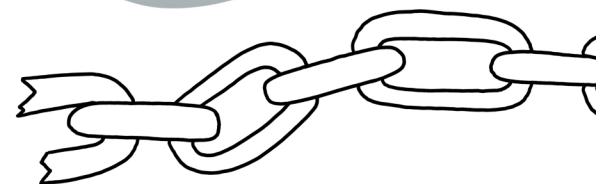
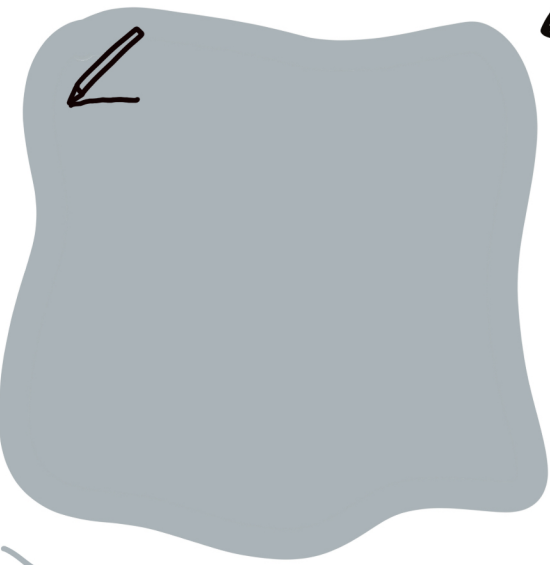
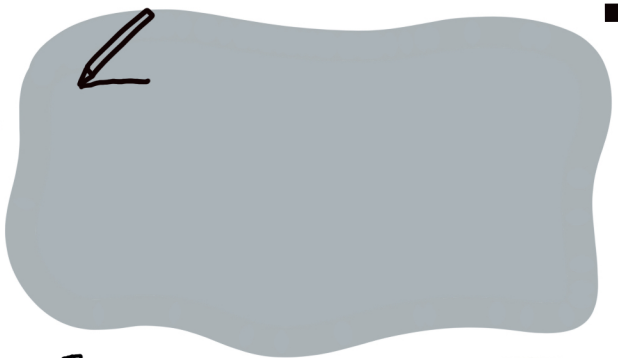
Fun bonds us together with our friends. What do you love doing most with yours?

## CHARACTERISTICS OF A GOOD FRIENDSHIP

(Or at least a few of them...because there's quite a lot of them!)

# MANAGING CONFLICT

Sometimes you might disagree with your friends and there are times when you might say or do something that upsets them. A good friend will be able to say sorry and also forgive others, and healthy friendships manage disagreements well and don't ignore them.



# TRUST

How do you build trust? Friends often share things in confidence - In confidence means that person is confident that you won't be passing that information round. When trust is broken, it can be really damaging and hard to mend. Think about the things you are sharing. Can you think of a time you've been on the receiving end of this and how you felt?

