

Think about ...



**Friends**

**and Friendships**

**Wanting to be  
on your own  
is okay**

**Friends can  
hurt you  
sometimes**

It's important to be there for your  
mates if they need you -

**knowing you're there  
makes a difference**

**Sometimes it  
takes time to  
find a good  
friend**

**HONESTY  
IS IMPORTANT IN A  
FRIENDSHIP**

Not everyone finds it easy to make friends. Even if you don't find making friends easy, try not to spend all your time on the computer playing games or chatting on social networking sites. It is important to mix with others and have true friends.

If you find it hard to mix with others join a youth club or get involved in events your school is running. Everyone is nervous about making new friends - Don't Worry!

Don't expect instant or life-long friendships. Some people will have close friendships that only last a short time while other friendships can last for years.

# Think about ... Friends and Friendships

You might have one good friend or lots of friends. It takes time to make friends and when friends fall out it can be upsetting. But remember falling out is a normal part of a friendship.

No matter how long a friendship lasts friends should be able to count on

each other for advice. A good friend will support you through good times and bad.

If a friend tells you something and asks you not to tell anyone or you're concerned about them, don't keep it to yourself, tell someone you trust.

**Being a good friend is about being reliable,  
kind-hearted and thoughtful**

A friend should be kind, help you when you are in need, listen to you when you need to talk and not put you in danger. A friend should accept you for who you are. **The following websites give some good advice:**

## Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Domestic Violence Helpline  
(24 hours) 0800 917 1414

## Useful Websites:

[www.mindingyourhead.info/young-people/friends](http://www.mindingyourhead.info/young-people/friends) - information about friendship and peer pressure

[www.childline.org.uk/Explore/Friends](http://www.childline.org.uk/Explore/Friends) - looks at peer pressure

[www.spunout.ie/health/Relationships/Friends](http://www.spunout.ie/health/Relationships/Friends) - looks at healthy friendships

[www.kidscape.org.uk/childrenteens/makingfriends/1makingfriends.shtml](http://www.kidscape.org.uk/childrenteens/makingfriends/1makingfriends.shtml) - looks at how to make friends

[www.bbc.co.uk/radio1/advice/factfile\\_az/falling\\_out](http://www.bbc.co.uk/radio1/advice/factfile_az/falling_out) - advice on falling out with a friend

[www.bbc.co.uk/radio1/advice/factfile\\_az/problems\\_making\\_friends](http://www.bbc.co.uk/radio1/advice/factfile_az/problems_making_friends) - advice on how to make friends