

### A Presentation Developed By Kathy Strange

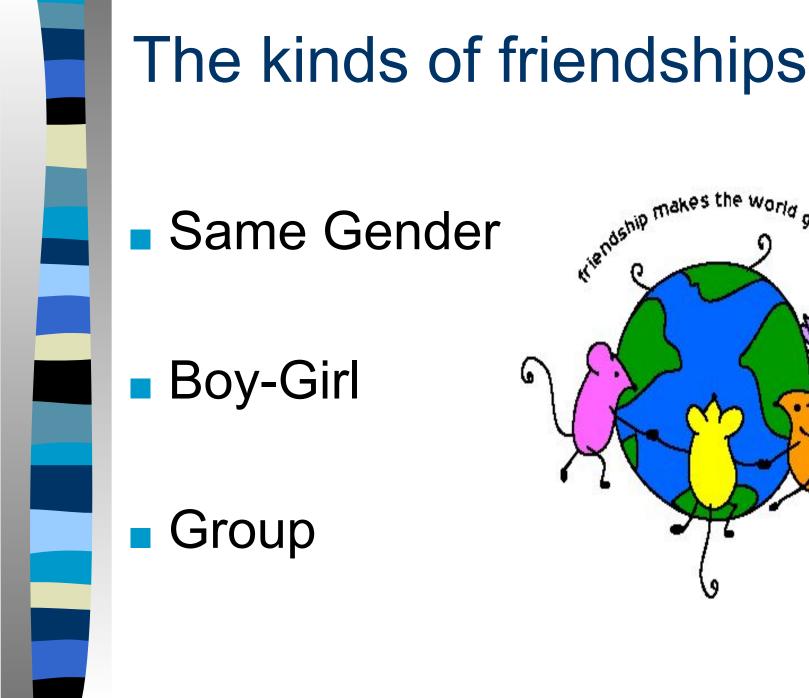




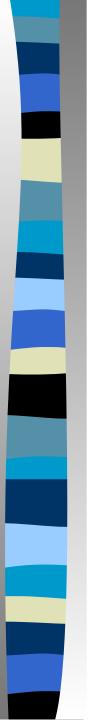
# What can friendships give?



- Fun
- Ways To Share Feelings
- Learn New Skills
- Find Understanding and Support
- Ways To Feel Needed And Useful
- You Can Be Yourself





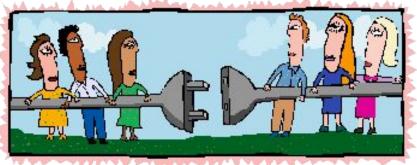


## What Makes A Good Friendship?

- Shared Interests
- Shared Values
- Trust
- Honesty
- Respect
- Cooperation

- Reliability
- Support
- Understanding
- Sensitivity
- Forgiveness
- Tolerance

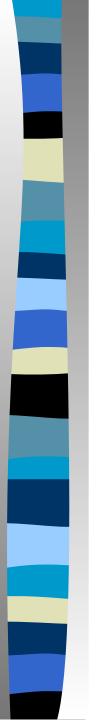
## How to make friends?



- Go where people are- most friends you make will be people who have the same interests you do.
- Be a friend to yourself- don't put yourself down.
- Be cheerful- smile, don't always wait for the other person to speak first.

- Be yourself- no one is perfect. Your friends won't expect you to be, so it is best to just be yourself.
- Don't expect perfection in your friends-like you, your friends will make mistakes now and then. Laugh <u>with</u> them about it, but don't put them down.
- Friendship is give and take- friendship is sharing things like feelings, plans, and dreams. To make and keep a friend, you have to give as well as take. Learn to compromise.

- Realize you will sometimes disagree with your friend- nobody agrees all the time.
  Disagreements don't have to mean the end of a relationship.
- Give your friend space- almost everyone likes to be alone sometime. Give your friend space to have other friends, too.
- Be choosy about your friends- real friends will not ask you to do things that are harmful and against the law.
- Let people know that you are interested in them. Don't just talk about yourself; ask questions about them.



### Soo-----

- TO HAVE A FRIEND...BE A FRIEND!
- Remember the Golden Rule of Friendship...TREAT OTHERS AS YOU'D LIKE TO BE TREATED!
- SOMEWHERE OUT THERE, A FRIENDSHIP IS WAITING TO START!



#### it's cooking ...

Friendship is a recipe made up of many different ingredients. Write your special recipe for friendship (like two cups of honesty, plus one tablespoon of fun).



#### **Recipe for Friendship**

1 1/2 cups of

1 universe full of

3 cups of

4 cups of

2 gallons of

1 pinch of

1 teaspoonful of

Bake at 350° degrees

forever!