

FRIENDS

REAL TEEN ISSUES
CITYREACH | CEDAR CARE CENTRE

**ALMOST
EVERYONE
HAS GONE
THROUGH
TIMES WHEN
WE HAVE BEEN
LONELY SO WE
REALISE HOW
IMPORTANT
IT IS TO
VALUE THE
RELATIONSHIPS
WE HAVE AND
TO REACH OUT
TO OTHERS IN
FRIENDSHIP.**

Making friends....

The best way to make friends is to treat others like you would like to be treated if you were in their situation.

Do:

- Greet people with a friendly hello and a smile.
- Take an interest in others by asking questions and listening to their stories.
- Be willing just to be there in a group setting without expecting others to focus on you.
- Sometimes be willing to join in activities that you don't enjoy for the sake of others.

Don't:

- Don't always expect your kindness to be rewarded
- Don't take everything personally – a negative reaction could simply mean the other person is grumpy today
- Don't choose only people who look good or seem popular
- Don't spend a lot of time complaining or telling long stories

Being a good friend:

The secret of building good relationships is to focus more on being a good friend to the other person than what we want from them.



Some ways we can do that are:

- Accept that your friends will have faults and be willing to overlook them.
- Be loyal to your friends and don't criticize them or join in gossip about them.
- Help them when you can.
- Respect their opinions.
- Avoid giving advice unless you are asked.
- Give your friends space – don't expect them to spend all their spare time with you.
- Listen well when they tell you things - really think about what life is like for them.
- Be willing to make peace and forgive when you have a falling out.
- Spend time with a group of friends as well as individuals.



AND SOMETHING MORE....

When we are feeling lonely, we can become over sensitive to anything that looks like rejection. You may also find that you are regularly checking how people are treating you or envying how others get treated.

If you are struggling with discouraging thoughts like these, connect with one of the CityReach Cedar counsellors who will be happy to chat with you.

You could also have a look at the Friends Booklet from either

- the CEDAR Care Centre Waiting Area
- the CITYREACH Reception Desk



315-333 Fosters Road, Northgate
8369 1000
office@cityreach.com.au
www.cityreach.com.au