

Let's Talk About Friendship!

Use the following questions to have a discussion with a parent or caregiver about the importance of healthy friendships.

FOR THE PARENT/CAREGIVER

Are there qualities of a good friend that you would add to the list?

What are some of the qualities your good friends have?

Would you change anything about the way you selected friends when you were in high school?

FOR THE STUDENT

How can your parent or caregiver support you as you attempt to develop and keep friendships?

If your parent or caregiver has some concerns about a friend of yours, what's the best way for the two of you to talk about it?

FAMILY MEMBERS READ THIS Your teenager is learning about the differences between a healthy and unhealthy friendship. Strong and healthy friendships will have a positive effect on your teenager's self-esteem and give them a support network they can rely on in addition to their family. Take a few minutes to discuss the importance of having good friends as they meet the challenges they face in high school.



Good friends:

- Trust, respect, and support each other
- Communicate clearly and openly
- Feel secure and comfortable
- Enjoy spending time together
- Make healthy decisions about alcohol and other drugs