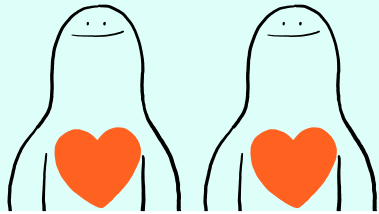


# Building Healthy Friendships



DEVELOPING HEALTHY RELATIONSHIPS IS AN IMPORTANT STEP IN CULTIVATING HEALTHY HABITS THAT WE CAN APPLY TO OUR FRIENDSHIPS AND ROMANTIC RELATIONSHIPS (NOW OR LATER IN LIFE). START WITH THIS QUESTION: "WHAT DOES A HEALTHY FRIENDSHIP LOOK LIKE?"

Of course, there are more components to healthy friendships, but this list is just a starting point:

- Honesty:** You can be truthful and candid without fearing how the other person will respond.
- Respect:** You value one another's beliefs and opinions, and love one another for who you are.
- Kindness:** You are caring and empathetic to one another, and provide comfort and support.
- Trust:** You have confidence that your friend won't do anything to hurt you or ruin the friendship.

## Discussion Questions

**1.** Think about one strong friendship you have with someone—this can be a friend from school or work, a neighbour or even a sibling. Why is this friendship special?

**2.** Consider describing one moment when your friend showed you honesty, respect, kindness or trust.

# Take Action

**1.**

Talking to young people about relationships before they start dating can be challenging. Consider using teachable moments in the media or community that represent strong examples of healthy friendships and relationships to inspire these behaviours in their own lives.

**2.**

Conflict is an important part of all relationships, so it is important to ensure that we are practising conflict in a healthy way. Try having open and respectful discussions considering various issues and confronting any disagreements non-judgmentally.

