

MY LIFE-FIT HABITS

GOOD FRIEND CHOICES

What qualities make you a **good friend**?

Is loyal
Is trustworthy and willing to tell you the truth
Laughs with you
Makes you smile
Is there to listen
Comforts you when you cry

Is the Anxiety is an emotion that we all experience. It can mean that you are scared or worried, it can also be a signal that there is danger.

Sometimes we have false alarms, our bodies feel so

What will a **good friend** do for you?

Is there for you
Does not judge you
Does not deliberately hurt your feelings
Is kind and respectful to you
Is someone whose company you enjoy

How can I be a **good friend**?

Listen to your friends
Be kind and respectful
Be truthful
SMILE!

What are **good friend choices**?

Throughout your life you will meet many people and friends will come and go. Good friendships are not just the ones that last the longest but the friends that accept you for who you are.

A good friend shows that they care by their actions – big and small.

Try this Life-Fit **Good Friend Choices Challenge**

Write down the good qualities of your friends.

Write down your good friend qualities.

Think about what you can improve and work on this quality for a whole week, e.g., trying to be more kind and respectful.

Ask your parents to take a look at this **helpful** website with great tips that can benefit you

<https://au.reachout.com/articles/3-steps-to-better-communication>

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

