



What Makes A Good Friend?

"Good friends are like stars. You don't always see them but you know that they are always there."

- Christy Evans



What makes a good friend?
How can you be a good friend to others?



Keep
C.A.L.M
&
Give



A good friend is someone you **can trust** and share your feelings or thoughts with. I can be a good friend by **being there for others** when they are down. I would spend time playing with my friends so that they do not feel lonely.

- Muhd Firdaus, P5 Prefect



Good friends will **stand by you** in times of trouble. They will never leave you in a lurch when you are in need of help. I would **speak up for my friends** when something untrue is said about them. I would also **help my friends** with their homework when I am done with mine.

- Lucas Lim, P5 Prefect





What are some warning signs of an unhealthy friendship?



When friends have the habit of speaking ill of each other



When the conversations are filled with unkind words



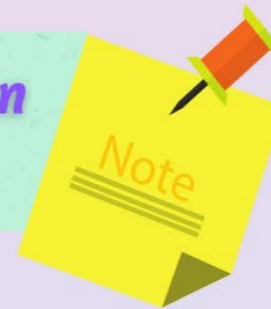
Having frequent arguments and many unresolved conflicts



When friends deliberately put each other down

Keep
C.A.L.M
&
Give

What can you do to manage an unhealthy friendship?



- Avoid blaming each other.
 - Give each other time to reflect on what went wrong.
 - Communicate your thoughts and feelings in a respectful manner.
 - It is fine to walk away from an unhealthy friendship so long you have done your best to work things out.
- Rithwika, P5 Prefect

SUMMARY

A good friendship is one that is filled with respect, care and kindness.
Express your gratitude towards your friends today!
- Khow Shi Ying, P5 Prefect

