

Choosing Appropriate Friends

Think Sheet

Name _____ Date _____

List the qualities or traits that you think make a good friend:

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Why is it better to be friends with someone who is caring and does the right thing than someone who does not have or show those qualities?

Do you have any friends who make you feel uncomfortable or insecure? If yes, what makes you feel that way and what can you do to change the relationship?

How can the skill of **Choosing Appropriate Friends** help you at school?

How can the skill of **Choosing Appropriate Friends** help you outside of school?

Choosing Appropriate Friends

- 1. Think of the qualities and interests you would look for in a friend.**
- 2. Look at the strengths and weaknesses of potential friends.**
- 3. Match the characteristics of potential friends with activities and interests you would share.**
- 4. Avoid peers who are involved with drugs, gangs or breaking the law.**