

BEING A GOOD FRIEND

Model

Vince considers Lenny his best friend. He values Lenny's friendship because he knows that he can count on him. Read the following conversation between Lenny and Vince. What qualities can you identify in Lenny that make him a good friend? Would you want to have someone like Lenny as your friend?

Is something wrong, Vince? You look upset.

Yeah, I found out my parents are getting divorced.

I'm so sorry. You must be really upset.

I just feel so sad about it.

Well, listen, if you need to talk, you can call me anytime. Or if you'd rather just be alone for a while, that's okay too—it's up to you.

I think what I need right now is just to be with someone who I know isn't going to walk out on me.

Well, you don't have to worry about that. I'll always be your friend, and you can be sure of that.

Practice

On a sheet of paper, list the qualities of a good friend from the Coach's Box. Then read the paragraph below about the friendship between Jolie and Linda. Look in the paragraph for examples of the qualities you have listed. The sentences are numbered so that you can identify them. How many examples can you find?

(1) Jolie and Linda became friends when they worked as volunteers at a local animal shelter. (2) The two girls shared a love of animals. (3) Eventually Jolie decided to adopt a puppy from the shelter. (4) She encouraged Linda to adopt one too, but Linda was afraid that the dog would hurt her cats, so Jolie didn't push her. (5) When Jolie's puppy became sick, Linda went with her to the vet's office. (6) The next day she called Jolie to find out how the dog was doing. (7) When the puppy got well, Linda was just as happy as Jolie. (8) Later, when Linda and her dad went away on vacation, Jolie volunteered to feed Linda's cats. (9) She went to Linda's house every day after school and made sure that the cats got the care and attention they needed.



Practicing Healthful Behaviors

Qualities of a good friend include

- trust.
- reliability.
- empathy.
- caring.
- respect.

Self-Check

- Did I include three qualities of friendship in my ad?
- Does my ad highlight my friendship skills?
- Did I include examples that show how I use those skills?

Apply/Assess

Pretend that you are placing an advertisement in the classified section of a newspaper, offering your services as a friend. In your advertisement, describe three qualities that make you a good friend. List your friendship skills. Then give examples that show how you have demonstrated these skills with your friends.

FRIEND AVAILABLE.
Caring and empathetic. When my friend Hector didn't make the soccer team, I listened to him and let him know I understood how he felt.

NEED A FRIEND?
You can count on me. When my friend Karen was out of school with a broken ankle, I brought her homework assignments to her every day and stayed to talk and play games with her.

RESPECTS YOUR CHOICES.
Looking for loyalty and acceptance? I have friends from many different backgrounds. Even when we disagree, we respect each other's beliefs and learn from each other.