

URSTRONG

Friendship Goals

1. Be kind to myself and others
2. Be open to learning and growing
3. Be honest
4. Be brave
5. Be the best version of me
6. Be me and not change for others
7. Embrace those things I cannot change
8. Make a new friend by asking and passing
9. Make a new friend by finding something in common
10. Remember no friendship or relationship is perfect
11. Remember every friendship is different
12. Remember trust and respect are the two most important qualities of a friendship
13. Remember that friendships change and that's okay!
14. Have lunch with someone new to make a new friendship
15. Surround myself with healthy friendships and spend less time with people in the unhealthy zone
16. Never whisper in front of others
17. Not talk about others behind their backs
18. Be aware of my body language to make sure I am sending the right messages
19. Use the Friend-o-meter quiz to help me with my friendships
20. Enjoy spending time with my own company
21. Not get involved in other people's Friendship Fires
22. Get better at 'talking it out' and having Friendship Fire conversations

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23. Stand up for myself by confronting a Friendship Fire
24. Use a calm, serious voice when retelling a situation
25. Listen to other sides of the story and try to understand their perspective
26. End the conversation if someone has a negative reaction when you are trying to have a Friendship Fire conversation
27. Stand up for myself immediately if someone says or does something Mean-on-Purpose
28. Use a Quick Comeback (like a ninja!) when someone is being Mean-on-Purpose
29. Forgive & Forget after putting out a Friendship Fire
30. Show compassion by listening to others, saying kind words and helping others
31. Not being Mean-on-Purpose
32. If someone is Mean-on-Purpose, I say my Quick Comeback, walk away and report it to an adult
33. Report to a teacher (not do or tattletale)
34. Use the words, "No, because..." & explain myself
35. Keep myself out of the middle
36. If I get in the middle and sucked into a Friendship Sandwich, I stand up for my friend and change the topic
37. Try not to be the boss of my friends & remember that I don't own them
38. To think before I speak/type/post
39. Get better at sorting my butterflies by setting them free (no control) or taming them (control)
40. Be a good listener when someone is sharing their stories