



**Anyone. Anywhere.**  
Understanding healthy relationships.



# Be A Kind and Respectful Friend



Here are some tips to make sure you're being a good friend and not using controlling behaviours.

## How to Be a Good Friend...

### Respect Choices

Understand that everyone likes different things, and that's okay!

### Be Kind

Speak nicely to your friends and family, even when you're upset.

### Give Space

Allow your friends to spend time with other people, too.

### Trust

Trust your friends and family without constantly checking on them.

### Listen

Listen to what your friends and family have to say.

### Be Responsible

Admit when you make a mistake and say sorry.

If you feel like someone is trying to control you, talk to a teacher, parent, or another grown up.

**Remember to treat others how you want to be treated.**

*If you, or someone you know, is in immediate danger please call 999*

You can speak to